PHARMACOPOEIA
OF
HOSPITAL OF INTEGRATED MEDICINE
1956

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OF

HOSPITAL OF INTEGRATED MEDICINE

EDITED BY

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Pharmacopœia of Hospital of Integrated Medicine

PART I

AYURVEDA

COMPILED BY

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FOREWORD

The Government of Madras established the School of Indian Medicine in 1925 and started the Hospital of Indian Medicine in 1926. The hospital was intended to give clinical training to the students and as one of the medical relief centres in the City. To supply the medicinal needs of the hospital a pharmacy was annexed.

It is a well-known fact, that there is an innumerable number of medicinal preparations scattered in various books of Indigenous Medicines, and there are also quite a large number of preparations which are traditionally used and handed over from teacher to student. The use of these preparations in diseases and their modes of preparations vary from State to State according to the local conditions and usage. In other words, there is no standardization of these excellent recipes. It is a great handicap both to a student of medicine and to a young medical practitioner. It has also become difficult to assess the value of a particular medicine in a given disease as the standards vary.

To overcome these difficulties, Captain G. Srinivasa Murthy, B.A., B.L., M.B. & C.M., who was then the Principal of the School, asked the lecturers of the various systems of

medicine to select a number of preparations from various texts, which would not only be useful in various diseases but would also be acceptable to a large number of practitioners of Indigenous Medicine practising in the various parts of this State. Accordingly, late Ayurvedacharya N. Madhava Menon, A.M.A.C., and Vidwan U. P. Sankunni Menon compiled a list for Ayurveda, late Vaidyarathna C. S. Murugesa Mudaliar compiled a list for Siddha system of Medicine and Hakim Moulvi Peer Madani Sahib for the Unani system. The medicines were prepared according to these lists and used in the Hospital of Indigenous Medicine, Madras. Later, when a number of medical institutions were opened under the auspices of the local boards, the Government thought the pharmacopœia adopted in the Hospital of Indigenous Medicine might be extended to other institutions and accordingly printed in 1932 "List of Raw Drugs and Medicinal Preparations for use in Indigenous Dispensaries." This list had been revised and expanded from time to time.

Thus, for more than a quarter of a century, this Pharmacopœia had been in use and found to satisfy the needs for which it was intended. It is now found that the time has come to give a shape to this Pharmacopœia. The list that has been in use all these years is inadequate for the need

of the practitioners, as it gives only the names and the sources of the preparations and not the ingredients which go to make them, the method of preparation, the dose, the methods of administration and their therapeutic indications. These preparations are taken from various books and, for a young and busy practitioner, it would be difficult to search and find out the exact prescription. Moreover, as the original books are in Sanskrit for Ayurveda, in Tamil for Siddha system of Medicine and in Arabic or Urdu for Unani system, the difficulty in modern times becomes great. Therefore, it was decided to compile a Pharmacopœia in English and publish it. It is not claimed that this Pharmacopœia is extensive and would cater to the needs of all the peoples. It is not the intention either to claim it as a Standard Pharmacopœia of Indigenous Medicine. The purpose of the present volume is only to serve those practitioners who are in the employ of the State Government or the local boards. There would be a certain amount of uniformity in the use of these medicines in their institutions.

It was with that object an Advisory Committee with the following people was formed :—

1. Dr. M. R. Guruswami Mudaliar, B.A., M.D., Honorary Director of Indigenous Medicine.

2. Dr. M. Parankusam, L.M. & S., F.I.M., Principal, College of Indigenous Medicine.

3. Dr. M. K. Vaidya, Lecturer in Ayurveda.

4. Dr. M. Visweswara Sastry, H.P.I.M., Lecturer, Clinical Research.

5. Dr. K. Kasinathan, H.P.I.M., Lecturer in Siddha.

6. Dr. Mir Fida Hussain, H.P.I.M., Lecturer in Unani.

This Committee has gone through the existing list of Medicinal preparations and revised it based on the experience of these twenty-five years.

The actual work was entrusted to the following members of the staff who formed the Compilation Committee :—

1. Dr. T. Achuthan Kutty Nair, H.P.I.M., for Ayurveda.

2. Dr. C. S. Uthamarayan, H.P.I.M., for Siddha.

3. Dr. A. Subbhan, H.P.I.M., for Unani.

Dr. V. Narayanaswami, H.P.I.M., Lecturer in Ayurveda, was appointed as the General Editor of the Pharmacopœia. These members of the staff had done the work, in addition to their own work in the College and Hospital.

This is the first attempt made by any State Government in Indian Union to prepare and publish a standard Pharmacopœia for the use in the State. It is hoped that in the near future it would be possibls to formulate a Pharmacopœia of Indigenoue Medicine which would be a standard work.

M. R. GURUSWAMI,
Honorary Director of Indigenous Medicine.

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SECTION I.

ASAVA AND ARISHTAM.

Aasava and Arishata are preparations wherein drugs are put in liquids and allowed to ferment for a certain period of time. The liquid is filtered and in suitable doses administered to patients. The principle underlying this kind of preparation is, that when drugs are kept in fluids with some kind of fermenting agent as honey or jaggery, and hermetically sealed, a kind of madya (alcohol) is generated and this facilitates the active therapeutic principle of the drug to get dissolved in the preparation.

There are two methods of preparing this.

1. Required quantity of water is boiled and cooled. Jaggery is dissolved in the water. Drugs are powdered and added. Honey, if mentioned, is also added. The mouth of the vessel is covered and the edges sealed with mud-smeared cloth seven times. The vessel to be taken is usually mud pot unless mentioned otherwise. The pot is buried underground or kept within a heap of paddy or kept in an underground cellar; the principle being that there should not be much wind or light which would delay or otherwise affect the process of fermentation. After the specified time is over (usually one month) the pot is removed, the seal opened and the liquid decanted

without disturbing the sediment. The sediment is thrown out and after a day or two, the Aasava is bottled. The filtered Aasava is allowed to remain in the vessel, so that all possible sediment would settle down.

2. The other method is that the said drugs are coarsely powdered and kashaya is prepared out of them. The kashayam is poured into a mud pot and jaggery dissolved. Other fermenting drugs like Dhathaki, etc., are powdered and added along with honey and sealed. The rest of the process is exactly as in the case of Aasava. Generally, preparations that are prepared out of kashayam are called Arishta.

It may not be possible every time for a private practitioner to keep the pot in Bhuputam (underneath the ground) or in Dhanyaputam. This may be possible in only large manufacturing concerns. The private practitioner may place the pot in a dark room where there is neither too much sunlight nor wind.

The pot that is used should not be new. If it is new some water should be boiled in it before pouring the kashaya, etc., the inside of the pot should be smeared with ghee and pippali churnam.

The Aasava and Arishtam become stronger in potency when kept for a long period. They do not deteriorate.

1. Abhayarishtam.

1 Haritaki—100 palams.[1]
2 Draksha—50 palams.
3 Vidanga—10 palams.
4 Madhukapushpa—10 palams.

Add water—128 lb.[2] Boil and reduce to 32 lb.
Add gudam—100 palams.
Add fine powder 2 palams each of :—

1 Gokshura.
2 Thrivrith.
3 Dhanyaka.
4 Indravaruni.
5 Chavyam.
6 Sthoolajeerakam
7 Sunthi.
8 Dantimulam.
9 Salmali.
10 Dhathaki.

Keep in Bhuputam for a month.

Dose : ½ to 1 oz.

Indications : Arsas, Malabandham, Anaham, Agnimandya.

2. Amritharishtam.

Prepare kasahaya of :

Guduchi—100 palams.
Dasamula—100 palams.
Water—128 lb. Boil and reduce to 32 lb.

Add Gudam—300 palams and fine powder of :

Ajaji—16 palams.
Parpataka—2 palams.
Saptaparni, Pippali, Maricham, Sunthi, Musta } 1 palam each.

[1] 1 Palam 4 tolas. [2] 2 lb. 1 Prastham.

2. Amritharishtam—*cont.*

Nagakesara
Katukarohini
Athivisha
Indrayavam
} 1 palam each.

Keep in Bhuputam for a month.

Dose : ½ to 1 oz.
Indications : All fevers.

3. Aravindasava.

Boiled and cooled water—64 lb.
Add the powder 1 palam each of :

Padmaka.
Useeram.
Kasmari.'
Neelotpala.
Manjishta.
Ela.
Bala.
Jatamamsi.
Musta.
Sariba.
Haritaki.
Vibhitaki
Vacha.
Amalaki.
Sati.
Syama.
Neelini.
Patola.
Parpataka.
Arjuna twak.
Yashtimadhu.
Madhookapuspa.
Mura.

Dhataki—16 palams.

Draksha—20 palams.

Add sugar—50 palams.

Honey—50 palams.

Keep in Bhuputam for one month.

Dose : ½ to 1 oz.
Indications : For children—to increase the strength and weight.

4. Arjunarishtam.

Prepare kashaya of:

Arjuna twak—100 palams.
Draksha—50 palams.
Madhukapushpa—20 palams.
Water—128 lb. Boil and reduce to 32 lb. and filter.

Add Dhathaki—20 palams.

Gudam—100 palams.

Keep in Bhuputam for one month.

Dose: $\frac{1}{4}$ to $\frac{1}{2}$ oz.

Indications: Hrithroga, general tonic, tones up the muscles of the heart.

5. Asokarishtam.

Prepare kashaya of:

Asoka Twak—100 palams.
Water—128 lb. Boil and reduce to 32 lb.

Filter and add Gudam—200 lb.

And the fine powder 1 palam each of:

Krishnajeeraka.	Vibhitaki.
Sunthi.	Amalaki.
Mustha.	Amrasthi.
Daruharidra.	Jiraka.
Utpalam.	Vasa.
Haritaki.	Chandana.

Dhataki—16 palams.

Keep in Bhuputam for a month.

Dose: $\frac{1}{2}$ to 1 oz in water.

Indications: Pradaram, somaroga—Arthava soolaim, etc. menorrhagia, metrorrhagia and other uterine diseases.

6. Aswagandharishtam.

Prepare kashaya of :

Aswagandha—50 palams.
Musali—20 palams :

Manjishta. Haritaki Nisa Darunisa Yashtimadhu Rasna Vidari Arjuna Musta Thrivrith	10 palams each.
Anantha (Sariba) Syama black (do.) Chandana Raktha Chandana Vacha Chitraka	8 palams each.

Water—256 lb. Boil and reduce to 32 lb.
Filter and add honey—200 palams.
And the fine powder of :

Pippali Maricha Sunthi	2 palams.
Twak Ela Patram Priyangu	4 palams.

Nagakesaram—2 palams.
Dhataki—16 palams.

Keep in Bhuputam for a month.

Dose : $\frac{1}{2}$ to 1 oz.

Indications : Murcha, apasmara, unmada, etc. A good nervine tonic.

7. Babularishtam.

Babula Twak—200 palams.
Water—128 lb. Boil and reduce to 32 lb.
Filter and add Gudam—300 palams.
Add the fine powder of:

Pippali—2 palams;
Jathiphalam, Takolam, Ela, Twak, Patram, Nagakesaram, Lavangam, Maricham—1 palam each.
Dhataki—16 palams.

Keep in Bhuputam for a month.

Dose: $\frac{1}{4}$ to $\frac{1}{2}$ oz.
Indications: Athisaram, kushtam, swasam, kasam and kshayam.

8. Balarishtam.

Prepare Kashaya of:

Balamula, Aswagandha—100 palams each.
Water—128 lb. Boil and reduce to 32 lb.

Filter and add Gudam—300 palams.
Make the fine powder of:

Vidari, Erandamula—2 palams each.
Rasna, Ela, Prasarini, Devapushpa (Lavanga), Useera, Gokshura—1 palam each.

8. Balarishtam—*cont.*

Dhataki—16 palams.

Keep in Bhuputam for one month.

Dose : ½ to 1 oz.
Indications : Vata diseases, amavata, nervine tonic.

9. Chandanasava.

Take water—64 lb. boiled and cooled.
Add Gudam—50 palams.
And fine powder 1 palam each of :

Chandanam.	Kiratha thiktha.
Valakam.	Nyagrodha.
Mustha.	Aswatha.
Kasmari.	Sati.
Neelotpalam.	Parpatakam.
Priyangu.	Yashtimadhu.
Padmakam.	Rasna.
Lodhra.	Patolam.
Manjishta.	Kanchanaram.
Raktha Chandanam.	Amratwak.
Pata.	Salmali niryasam.

Dhataki—16 palams.
Draksha—20 palams.
Keep in Bhuputam for a month.

Dose : ¼ to ½ oz.
Indications : Pooya meha, mutra krichra, etc. Spermatorrhoeea, Urithritis—Cools the system.

10. Danthyarishtam.

Prepare Kashya 1 palam each of :
Danthimulam.
Dasamulam.
Triphala.
Chitramulam.

10. Danthyarishtam—*cont.*

Water—32 lb. Boil and reduce to 8 lb.

Filter and add Gudam—100 palams.
Keep in Bhuputam for a month.

Dose : ½ to 1 oz.
Indications : Udaram, sopham, pleehavriddhi, Arsaas, Krimi, etc.

11. Dasamularishtam.

Take 5 palams each of :

Mashaparni.
Mudgaparni.
Gokshura.
Bilvamoola.
Agnimantha.
Syonaka.
Patala.
Kasmari.
Brihati.
Kantakari.

Chitramoola } 25 palams each.
Pushkaramoola

Lodhra } 20 palams each.
Gudoochi

Amalaki—16 palams.

Dusparsa—12 palams.

Khadira } 8 palams each.
Vidanga
Haritaki

11. Dasamularishtam—*cont.*

Take 2 palams each of:

Kushtam.
Manjishta.
Devadaru.
Vidangam.
Yashti Madhu.
Bharngi.
Kapitha.
Vibheethaki.
Punarnava.
Chavyam.
Jatamamsi.
Priyangu.
Sariba.
Krishnajeeraka.
Thrivrith.
Renuka.
Rasna.
Pippali.
Kramuka.
Sati.
Haridra.
Sathapushpa.
Padmaka.
Nagakesara.
Mustha.
Indrayava.
Meshasringi.
Jivaka.
Rishabhaka.
Meda.
Mahameda.
Kakoli.
Riddhi.
Vriddhi.

Water—320 lb. Boil and reduce to 80 lb. Filter.

Draksha—60 palams, prepare Kashaya with 30 lb. of water and reduce to 10 lb. Filter.

Mix both the Kashayams.

Add Gudam—400 palams.

Honey—32 palams.

And powder 2 palams each of:

Takkolam.
Jala chandanam.
Jathiphala.
Lavanga.
Twak.
Ela.
Patra.
Nagakesara.
Pippali.

11. Dasamularishtam—*cont.*

Kasthuri *—1 tola.

Keep in Bhuputam for a month. Filter and add kathakabheeja to clear.

Dose : $\frac{1}{4}$ to $\frac{1}{2}$ oz.
Indication : Kasa, swasa, pandu, agnimandya, etc. A good general tonic.
* This should be added after filtering at the end of a month.

12. Draksharishtam.

Draksha—50 palams.
Water—64 lb.
Boil and reduce to 16 lb.
Filter and add Gudam—200 palams.
And the fine powder 1 palam each of:
 Twak.
 Ela.
 Patram.
 Nagakesaram.
 Priyangu.
 Maricham.
 Pippali.
 Vidangam.
Keep in Bhuputam for a month.

Dose : $\frac{1}{4}$ to $\frac{1}{2}$ oz.
Indications: Kasam, swasam, balakshyam, malabandham. A general tonic.

13. Jirakadyarishtam.

Jiraka—200 palams.
Prepare Kashaya in 128 lb. of water, and reduce to 32 lb.
Filter and add Gudam—300 palams.
Dhathaki—16 palams.

13. Jirakadyarishtam—*cont.*

And the powder of sunthi—2 palams.
1 palam each of:

Jathiphalam.	Nagakesaram.
Musta.	Yavanika.
Lavangatwak.	Takkolam.
Ela.	Lavangam.
Patram.	

Keep in Bhuputam for a month.

Dose: $\frac{1}{2}$ to 1 oz.
Indications: Soothikaroga, nashtarthavam, arthavasoolam. Can be used as a routine treatment to women after delivery with no complication.

14. Kanakasava.

Boiled and cooled water—64 lb.
Fine powder of: Panchangam (stem, root, leaves, flower and fruit of Datura).

Datoora	4 palams each.
Vasamulatwak	
Pippali	2 palams each.
Kantakari	
Nagakesaram	
Sunthi	
Bharngi	
Thalisapatra	

Dhathaki—16 palams.
Draksha—20 palams.
Sugar—100 palams.
Honey—50 palams.
Keep in Bhuputam for a month.

Dose: $\frac{1}{2}$ oz. to 1 oz.
Indications: Swasa, kasa, etc. A good expectorant and antispasmodic.

15. Khadirarishtam.

Prepare Kashaya of :

Khadira—50 palams.
Devadaru—50 palams.
Bakuchi—12 palams.
Daruharidra—20 palams.
Harithaki—20 palams.
Vibhitaki—20 palams.
Amalaki—20 palams.

Add water 256 lb. Boil and reduce to 32 lb.

Add honey—200 palams.

Sugar—100 palams.

And the fine powder 1 palam each of :

Thakkola.
Nagakesara.
Jathiphala.
Lavanga.
Ela.
Twak.
Patra.

Pippali—4 palams.

Dhataki—20 palams.

Keep in Bhuputam.

Dose : ½ to 1 oz. with water.
Indications : Kushta, all skin diseases, anaemia, enlargement of spleen, intestinal worms, etc.

16. Kiratharishtam.

Prepare Kashaya of :
Kirathathiktha—4 lb.
Water—64 lb. boil and reduce to 16 lb.

Filter and add gudam 12 lb.
Honey—4 lb.

16. Kiratharishtam—*cont.*

And the fine powder 12 tolas each of:

Pippali.
Pippalimula.
Chavyam.
Chitramulam.
Sunthi.

Kirathathiktha.
Keep in Bhuputam for one month.

Dose: $\frac{1}{4}$ to $\frac{1}{2}$ oz.
Indications: Jwaram and Vishamajwaram.

17. Kutajarishtam.

Prepare Kashaya of:

Kutaja Twak—100 palams.
Draksha—50 palams.
Madhukapushpa—10 palams.
Kasmari—10 palams.
Water—128 lb. Boil and reduce to 32 lb.

Filter and add gudam—100 palams and Dhathaki—20 palams.
Keep in Bhuputam for a month.

Dose: $\frac{1}{2}$ to 1 oz.
Indications: Athisara, Pravahika, Grahanee, etc.

18. Lohasava.

Boiled and cooled water—64 lb.
Gudam—100 palams.
Add fine powder 4 palams each of:

Lohachurna [1].
Pippali.
Maricham.
Sunthi.
Harithaki.

---

[1] Make a fine paste of Lohachurna in a kalvam and add.

18. **Lohasava**—*cont.*

Vibheethaki.
Yavani.
Vidangam.
Mustha.
Chitramula.

Honey—64 palams.
Keep in Bhuputam for one month.

Dose: ½ to 1 oz.
Indications: Pandu, Puranajwaram, Yakrith Pleeha Rogas.

19. Madhukasavam.

Prepare Kashaya of:
Madhukapushpam—256 palams.
Vidangam—128 palams.
Chitramulam—64 palams.
Bhallatakam—64 palams.
Manjishta—8 palams.
In 256 lb. of water and reduce to 84 lb.
Add honey—32 palams.

Keep in Bhuputam for one month in a mud vessel smeared on the inside with a paste of

Ela
Mrinalam } 1 palam each.
Agaru
Chandanam

Dose: ½ to 1 oz.
Indications: Grahani, Prameham, kushta.

20. Mustharishtam.

Prepare Kashaya of:
Mustha—8 lb.
Water—128 lb.

20. Mustharishtam—*cont.*

Boil and reduce to 32 lb.

Filter and add sugar—100 palams.

And the powder 1 palam each of:

Jathiphalam.	Jirakam.
Jathipatri.	Athivisha.
Patram.	Dadimatwak.
Chitramulam.	Indrayavam.
Amrasthi.	Sunthi.
Vairimulam.	Kalaskasira.
Lavangam.	

Honey—32 lb.

Keep in Bhuputam for a month.

Dose: ½ to 1 oz.

Indications: Athisaram, Pravahika, Grahani.

21. Pippalyasava.

Boiled and cooled water—64 lb.

Add fine powder ½ palam each of:

Pippali.	Useeram.
Maricham.	Chandanam.
Chavyam.	Kushtam.
Haridra.	Lavangam.
Chitramula.	Tagaram.
Musta.	Jatamamsi.
Vidangam.	Twak.
Kramukam.	Ela.
Lodhra.	Patram.
Patha.	Priyangu.
Amalaki.	Nagakesaram.
Elavaluka.	

21. Pippalyasava—*cont.*

Gudam—300 palams.

Dhataki—10 palams.

Draksha—60 palams.

Keep in Bhuputam for one month.

Dose: ¼ to ½ oz.

Indications: Grahani, Arsas, Gulmam, Pandu, Kshayam.

22. Punarnavasava.

Boiled and cooled water—64 lb.

Add fine powder 1 palam each of:

Pippali.	Vasamulam.
Maricham.	Erandamulam.
Sunthi.	Katukarohini.
Harithaki.	Gajapippali.
Vibhithaki.	Punarnava
Amalaki.	Nimbatwak.
Daruharidra.	Mulakam (Dry).
Gokshuram.	Dusparsa.
Brihati.	Patola.
Kshudra Brihathi.	

Dhataki—16 palams.

Draksha—20 palams.

Sugar—100 palams.

Honey—50 palams.

Keep in Bhuputam for one month.

Dose: ½ to 1 oz.

Indications: Sopha, Udaram, a good diuretic. Pandu, Kamala.

23. Rohitakarishtam.

Prepare Kashayam of :
Rohitakam—100 palams.
Water—128 lb. Boil and reduce to 32 lb.

Filter and add gudam—200 palams.
Dhathaki—16 palams.

Add the churnam 1 palam each of :

Pippali.	Twak.
Pippalimulam.	Patram.
Chavyam.	Haritaki.
Chitrakam.	Vibhitaki.
Sunthi.	Amalaki.
Ela.	

Keep in Bhuputam for a month.

Dose : ½ to 1 oz.

Indications: Pleehavriddhi, Gulmam, Udaram, Grahani, Arsas, Kamila, Sopham.

24. Saraswatharishtam.

Prepare Kashaya of :
Brahmi (Samoola)—20 palams.
Sathavari, Vidari, Harithaki, Useeram, Ardrakam, Sathapushpa — 5 palams each.

Water 32 lb. Boil and filter. Reduce to 8 lb.
Add sugar—25 palams.
Honey—10 palams.
Dhathaki—5 palams.

24. Saraswatharishtam—*cont.*

And the fine powder 1 tola each of:

Renukam.	Aswagandha.
Thrivrith.	Vibhitaki.
Pippali.	Guduchi.
Lavangam.	Ela.
Vacha.	Vidangam.
Kushtam.	Twak.

Keep in Bhuputam for a month, in a gold vessel. In the absence of gold vessel a new mud vessel may be used provided one tola of gold leaves is added to the powders.

Dose: $\frac{1}{4}$ to $\frac{1}{2}$ oz. with water.

Indications: Murcha, Apasmara, Unmada. Increases the retentive power of the brain and is a nervine tonic. Used in mental disorders.

25. Saribadyasava.

Water—64 lb. boiled and cooled.

Add the powder 4 palams each of:

Sariba (white).	Useeram.
Mushta.	Chandanam.
Lodhra.	Raktachandanam.
Nyagrodha.	Yavani.
Pippali.	Katukarohini.
Kachoram.	Patram.
Sariba (black).	Ela.
Padmakam.	Sthoolaela.
Hriberam.	Kushtam.
Pata.	Swarnamukhi.
Amalaki.	Haritaki.
Guduchi.	

Gudam—300 palams.
Dhataki—10 palams.
Draksha—60 palams.
Keep in Bhuputam for a month.

Dose : ½ to 1 oz.
Indications : **Prameham, pramehapitaka vatarakta and skin diseases.**

26. Takrarishtam.

Take 1 palam each of :

Dhanyakam.	Karavi.
Krishna jeerakam.	Granthika.
Ajamodam.	Sati.
Hapusha.	Yavani.
Pippali.	Chitramula.
Hasthipippali.	Yavanakam (kurasani).

Powder the above and put in sweet (Anamlam) Takram 24 lb. and keep in Bhuputam for 15 days.

Dose : ½ to 1 oz.
Indications : **Arsas, Grahanee, Agnimandhyam, Arochakam.**

27. Useerasava.

Boiled and cooled water—64 lb.

Add the fine powder 1 palam each of :

Useeram.	Padmakam.
Hreeberam.	Lodhra.
Padmakandam.	Manjishta.
Kasmari.	Dusparsa.
Neelotpalam.	Patha.
Priyangu.	Kirathatikta.

27. **Useerasava**—*cont.*

Nyagrodha.
Udumbaram.
Sati.
Parpatakam.
Ikshumula (Pundarika).
Patolam.
Kanchanara.
Salmaliniryasam.
Jambutwak.

Draksha—20 palams.
Dhataki—16 palams.
Sugar—100 palams.
Honey—50 palams.
Keep in Bhuputam for a month.

Dose : ½ to 1 oz.
Indications : **Rakthapitta, Daha, etc. All bleeding conditions where Raktha and Pittha are vitiated.**

28. **Vasarishtam.**

Prepare Kashayam of :
Vasamulam—200 palams.
Water—64 lb. Boil and reduce to 16 lb.
Add Gudam—100 palams.

Add the powder 2 palams each of :
Lavanga Twak.
Ela.
Partram.
Nagakesaram.
Thakkolam.
Sunthi.
Maricham.
Pippali.

Dhathaki—8 palams.
Keep in Bhuputam for one month.

Dose : ¼ to 1 oz.
Indications : **Kasam, Swasam, Raktapitta, Sopha.**

SECTION II.

ARKA.

Arka is a preparation obtained by process of distillation. There is a separate apparatus called Arka-yanthra for the preparation of this medicine. The principle is that, when water and drugs are mixed and boiled, the vapour coming out of it carries the therapeutically active principle of the drugs, and when the vapour is condensed into liquid, it may be administered to a person. The advantage of this kind of medicine is, that it can be preserved in a liquid condition for a long period without undergoing any change and is easily administered as it does not contain usually any bad smell or taste.

The drugs are cleaned and coarsely powdered. Required quantity of water is added and kept over night. Next morning, it is poured into the Arka-yanthra and kept on fire. It is allowed to boil and the vapour condensed and collected. The whole liquid is collected in one vessel and then only bottled; for, the Arka collected earlier will not be strong and that collected later will be strong. If the whole quantity is mixed then it will have uniform strength.

29. Ajamodarkam.

Ajamodam—2 viss.
Water—64 lb.

Coarsely powder Ajamoda, add water and prepare Arka.

Dose: $\frac{1}{2}$ to 1 oz.

Indications: Athisaram, Ajeernam, Grahani, Agnimandya.

30. Chandanarkam.

Powdered Chandanam (scraping of Sandalwood)—1 lb.

Water—20 lb.

Extract arkam with an Arka-yantram.

Dose : ½ to 2 oz.
Indications : Pittarogas, Mootrakrichra.

31. Dhanyakarka.

Dhanyakam (coarsely powdered)—1½ lb.
Water—10 lb.

Soak in water for a day and extract Arkam with Arka-yantra.

Dose : ¼ to ½ oz.
Indications : Thirst, burning sensation of eyes, loss of appetite, fevers, etc.

32. Elarka.

Ela (coarsely powdered)—1 lb.
Water—10 lb.

Soak in water for a day and extract Arkam.

Dose : ¼ to ½ oz.
Indications : Agnimandyam, Arochakam; can be used as Anupanam to other medicines.

33. Karpooradyarkam.

Karpooram—12 oz.

Ajamodam—1 viss.

Water—32 lb.

Make coarse powder of Ajamoda and add water. Bundle Karpoora in a piece of cloth

33. **Karpooradyarkam**—*cont.*

and put in the vessel. Prepare Arka in the usual way.

Dose : ½ to 1 oz.

Indications : Athisaram, Grahani, Agnimandya, Ajeerna, Visuchika.

34. Kiratharkam.

Pounded Kiratathiktham—1 lb.

Water—20 lb.

Extract Arkam.

Dose : ½ to 2 oz.

Indications : Jwaram.

35. Mustharkam.

Pounded Mustha—1 lb.

Water—20 lb.

Extract Arkam.

Dose : ½ to 2 oz.

Indications : Grahani, Athisaram.

36. Nagararkam.

Pounded Nagaram—1 lb.

Water—20 lb.

Extract Arkam.

Dose : ½ to 2 oz.

Indications : Agnimandyam, Athisaram.

37. Parpatakarkam.

Pounded Parpatakam—1 lb.

Water—20 lb.

Extract Arkam.

Dose : ½ to 2 oz.

Indications : Jwaram.

38. Sankhadravakam.

Sphatikam.
Saindhavam. } 1 palam each.

Yavaksharam.
Navasaram. } 2 palams each.

Suraksharam—½ palam.

Kaseesam—½ palam.

Prepare dravakam in a Thamarakayanthram.

Dose : 3 to 5 drops in water.

Indications : Agnimandya, Ajeerna, Yakrith Pleeha, Vriddhi.

39. Saribarkam.

Pounded Sariba—1 lb.

Water—20 lb.

Extract Arkam.

Dose : ½ to 2 oz.

Indications : Pittarogas, Charma-rogas.

SECTION III.

CHURNAM.

The drug is cleaned and dried well in the sun. It is powdered with mortar and pestle and forced through a thin layer of cloth (vastragalitham). In a prescription where there are a number of ingredients, the best method is to powder the drugs separately, weigh the required quantities of the drugs and mix them all together. In practice some powder all the drugs put together. It is seived first and then forced through a thin piece of cloth to make it more fine.

When Hingu, Saindhava and similar drugs are to be added they are fried well so that they do not become moist. Sugar and camphor are powdered separately and added.

Churna is always taken with some liquid anupana as honey, ghee or water; honey and ghee are added twice the quantity of the powder and if water or buttermilk, four times the quantity of the powder is taken as anupana.

If churna is kept for more than two months it loses its potency (Veeryam).

40. Arkalavana.

Take equal parts of:
  Arka Patram.
  Saindhava.

Burn in a closed mud pot till the leaves become ash. Make fine powder in a khalvam.

Dose: 5 to 10 grs. with curd or masthu.

Indications: Enlargement of Liver and Spleen.

41. Ashta Churnam.

Take equal parts of :

Pippali.
Maricham.
Sunthi.
Ajamoda.
Saindhava.
Jeeraka.
Krishnajeeraka.
Hingu.

Make fine powder.

Dose : 20 to 30 grs. with ghee or water.

Indications : Taken with ghee along with the first morsel of food, it sharpens the appetite and relieves dyspepsia. Good in indigestion especially the one associated with diarrhoea and abdominal pain.

42. Aswagandha Churnam.

Make fine powder of Aswagandha.

Dose : 20 to 40 grs. with milk.

Indications : Balakshayam, Sukrameham, Tones up the nervous system.

43. Avipathikara Churnam.

Take 1 part each of :

Pippali.
Maricham.
Sunthi.
Haritaki.
Vibheetaki.
Sati.
Musta.
Bidalavana.
Vidanga.
Ela.
Patram.

Lavanga—11 parts.
Thrivrith—44 parts.

Make fine powder and add powdered sugar 66 parts.

Dose : 30 to 90 grs. with water.

Indications : Adhmana, malabandha, dyspepsia.

44. Bhaskara Lavana Churnam.

Samudra Lavana—8 tolas.

Sowarchalavanam—5 tolas.

Two tolas each of:

Bidalavanam.	Krishnajiraka.
Saindhavam.	Patram.
Dhanyaka.	Nagakesaram.
Pippali.	Talisapatram.
Pippalimula.	Amlavetasam.

One tola each of:

Maricham.
Jeerakam.
Sunthi.

Dadimaphalatwak—4 tolas.

Twak—½ tola.

Ela—½ tola.

Make fine powder.

Dose: 10 to 30 grs. with buttermilk.

Indications: Gulmam, Soolam, Arsas, Agnimandyam.

45. Bhringarajadi Churnam.

Take of:

Bhringaraja (dry leaves)—4 parts.
Maricham—3 parts.
Chitramulam—2 parts.
Mandoora—1 part.
Make fine powder.

Dose: 5 to 10 grs. with buttermilk, boiled with Ajomada and Sunthi.

Indications: Pandu-Kamila.

46. Dadimashtaka Churnam.

Take of :

Vamsalochana—1 tola.
Chaturjathakam—2 tolas each.

Jeerakam.	1 palam each.
Dhanyakam.	
Krishnajeeraka.	
Grandhi.	
Thrikatu.	

Dadimatwak—8 palams.

Sugar (powdered finely)—8 palams.

Make fine powder and add sugar.

Dose: 10 to 30 grs. with honey or buttermilk.
Indications: Athisaram, Grahani, Pravahika.

47. Danthadhavana Churnam.

Take equal parts of :

Thriphala.
Machiphala.
Jatiphalam.
Trikatu.
Ela.
Lavangam.
Twak.

Add Karpooram—1 part.

White ash of paddy husk—16 parts.

Make fine powder of all the drugs and add the last two and mix well.

Used as tooth powder.

Indications: Poothidantha, bad smell of the mouth and other conditions affecting teeth and gums.

48. Eladi Churnam.

Ela—1 part.
Twak—2 parts.
Patram—3 parts.
Nagakesaram—4 parts.
Maricham—5 parts.
Pippali—6 parts.
Sunthi—7 parts.

Make fine powder and add powdered sugar 28 parts.

Dose: 10 to 15 grs. with honey or water.
Indications: Gulmam, Ajeernam, Arsas, Kasam, Swasam, Hridrogam.

49. Gangadhara Churnam (Laghu).

Take equal parts of:

Musta.	Lodhra.
Indrayava.	Salmali.
Bilwaphala.	Dhataki.

Make fine powder.

Dose: 10 to 30 grs. with jaggery and water or buttermilk.
Indications: Pravahika, Athisara.

50. Gangadhara Churnam (Brihat).

Take equal parts of:

Musta.	Salmali.
Araluka.	Pata.
Sunthi.	Indrayava.
Dhataki.	Kutajatwak.
Lodhra.	Amrabija.
Valaka.	Ativisha.
Bilwaphala.	Lajjalu.

Make fine powder.

Dose: 10 to 30 grs. with honey or buttermilk.
Indications: Pravahika, Grahani, Atisara.

51. Guduchi Satwam.

Cut into small pieces fresh ripe thick stems of Guduchi. Pound well in a stone mortar and mix with water. Decant the water and take the sediment. Pour water in a wide-mouthed vessel. Cover the mouth of the vessel with a piece of thin cloth and strain the above sediment. The Satwam of Guduchi will then pass through the cloth and get mixed with the water in the vessel. Allow the water to stand for a day. Decant the supernatant water and dry the white sediment.

This is Guduchi Satwam.

Dose: 5 to 10 grs. with water.
Indications: Puranajwara, Vishamajwaram, Raktha Pitta doshas.

52. Hinguvachadi Churnam.

Take equal parts of:

Hingu.	Yavakshara.
Vacha.	Sarjikakshara.
Vijaya.	Saindhava.
Pasugandha.	Sowarchalam.
Dadimathwak.	Bidalavanam.
Deepyaka.	Pippali.
Dhanyaka.	Maricham.
Pata.	Sunthi.
Pushkaramula.	Jeerakam.
Kachoram.	Chavyam.
Hapusha.	Thinthrini.
Chithramula.	Amlavethasam.

Make fine powder.

Dose: 15 to 20 grs. with buttermilk or warm water.
Indications: Gulmam, Arsas, Soolam, Malabandha, Pleeharoga and Hicca.

53. Induppu Kanam.

Sanidhava—1 part.
Ajamoda—2 parts.
Pippali—4 parts.
Harithaki—6 parts.

Make fine powder.

Dose : 15 to 30 grs. in hot water or buttermilk.
Indications : Agnimandyam, Arochaka, Anaha.

54. Jathilavangadi Churnam.

Take equal parts of :

I. Jathiphalam.
Lavanga.
Ela.
Pippali.
Maricham.
Sunthi.

II. Salyaka Bhasma equal to the above. (Hedgehogs Squill ash.)

Mix both.

Dose : 5 to 15 grs. with honey.
Indications : Kasa Swasa, Hiccough and other spasmodic conditions of the chest and abdomen.

55. Jatiphaladi Churnam (without Bhanga).

Take 1 tola each of :

Jatiphalam.
Lavangam.
Ela.
Patram.
Twak.
Nagakesara.
Karpooram. *
Chandanam.
Tilam.
Vamsalochana.
Tagaram.
Amalaki.
Talisapatram.
Pippali.
Haritaki.
Sthoola Jeeraka.
Chitramula.

55. Jatiphaladi Churnam (without Bhanga)—*cont.*

Sunthi.
Vidangam.
Maricham.
Sugar—20 tolas.
Make fine powder.

Dose: 10 to 30 grs. with honey or buttermilk

Indications: Pravahika, Grahani, Arochakam, etc.

N.B.—* Karpooram should be powdered and added last.

56. Kachoradi Lepa Churnam.

Take 1 tola each of:

Kachoram.
Kushtam.
Yashtimadhu.
Hriberam.
Mustha.
Bala.
Amalaki.
Kunkumakesaram.
Sahasravedhi.
Chandanam.
Rakthachandanam.
Useeram.
Thinthrinidala Sira.
Manjishta.
Devadaru.
Laja.
Gomuthra Silajath.
Kantivenna.
Katukarohini.

Himakarpooram—19 tolas.
Make fine powder.

External application on the forehead and head with butter, ghee or breast milk.

Dose: Quantity sufficient.

Indications: Sannipathajwaram and other jwarams, to induce sleep. Prevents delerium and reduces temperature.

57. Kapithashtaka Churnam.

Jeerakam.
Pippalimula.
Chathurjathaka.

Maricham ..	1 part each.
Chitramula ..	
Hriberam ..	
Krishnajiraka ..	
Dhanyakam ..	
Sowarchalavanam ..	
Vrikshamlam ..	3 parts each.
Dhataki ..	
Pippali ..	
Bilwasalatu ..	
Dadimatwak ..	
Ajamoda ..	
Kapitha	8 parts.
Sugar	6 parts.

Make fine powder and add finely powdered sugar and mix.

Dose: 10 to 30 grs. with honey or buttermilk.
Indications: Athisaram, Rakthathisaram, Pravahika, Grahani.

58. Karpooradi Churnam.

Make fine powder of:

Karpooram ..	1 part each.
Kachoram ..	
Takkolam ..	
Jathiphalam ..	
Jathipatram ..	
Lavanga ..	2 parts each.
Nagakesaram .	
Maricham ..	
Pippali ..	
Sunthi	

58. Karpooradi Churnam—*cont.*

Sarkara 15 parts.
Mix well.

Dose : 10 to 30 grs. with honey.
Indications : Kasa, Hicca, Arochakam.

59. Katukarohini Churnam.

Katukarohini. Make fine powder.

Dose : 5 to 15 grs. with warm water or honey.
Indications : Useful in Yakrith and Pleeharogas. Malasodhini.

60. Laksha Churnam.

Make fine powder of Laksha.

Dose : 10 to 30 grs. with honey or ghee.
Indications : Rakthapittam, Pravahika, Pradara. Used as a hæmostatic in other hæmorrhagic condition.

61. Madhusnuhi Churnam.

Madhusnuhi. (Make fine powder.)

Dose ; 5 to 15 grs. with honey, ghee or milk.
Indications : Charmaroga and Phirangaroga (skin diseases).

62. Narayana Churnam.

Make fine powder 1 palam each of :

Yavani.	Ajagandha.
Hapusha.	Sati.
Dhanyakam.	Vacha.
Sathapushpa.	Chitramulam.
Upakunjika.	Ajaji.
Karavi.	Thrikatu.
Pippalimulam.	Swarnaksheeri.
Saindhava Lavana.	Thriphala.
Sowarchala Lavana.	

62. Narayana Churnam—*cont.*

Bida Lavana.	Suraksharam.
Samudra Lavana.	Pushkara Mulam.
Oudbhida Lavana.	Kushtam.
Yavaksharam.	Vidangam.
Danthi	3 parts.
Thrivrith	2 ,,
Visala	2 ,,
Sathala	4 ,,

Dose : 10 to 40 grs. with water or Thakram, or Sura or Dadhimandam.

Indications : Udaram, Gulmam, Malabandam, Bhagandaram, Kasam, Swasam, Garavisham.

63. Nasika Churnam.

Take 1 tola each :

I. Amalaki.	Maricham.
Jeeraka.	Kushtam.
Mayurapicha.	Haridra.
Pippali.	Daruharidra.
Maricham.	Kharjura.
Sunthi.	Useeram.
Jathiphalam.	Lavangatwak.
Lavangam.	Ela.
Jathipatram.	Patram.
Valakam.	Nagakesaram.
II. Chandanam	40 tolas.
Dhoomapatram roasted (tobacco).	40 tolas.

Make fine powder and grind with sufficient quantity of lime juice in a Kalvam. Repeat the process with rose water and add Karpuram and Gandha-Marjara Bija $\frac{1}{2}$ tola each.

Used as Nasyam.

Indications : Peenasam, Dushtapinasam, Suryavartha and other varieties of headache.

64. Pathyadi Churnam.

Harithaki	.. ..	5 parts.
Maricham	.. ..	1 part each.
Jeerakam	.. ..	1 part each.
Pippali	.. ..	1 part each.
Pippalimula	.. ..	2 parts.
Chitramula	.. ..	4 ,,
Sunthi	.. ..	5 ,,
Yavaksharam	..	2 ,,
Bhallathaka	.. ..	8 ,,
Soornakanda	.. ..	8 ,,

Make fine powder.

Dose: 20 to 40 grs. with buttermilk.
Indications: Sushkarsas (Non-bleeding piles). Malabandha, adhmanam.

65. Pushyanuga Churnam.

Take equal parts of:

Patha.
Jambumajja.
Amrasthi.
Pashanabhedi.
Rasanjana.
Ambashta.
Salmali.
Samanga.
Padmakesaram.
Kunkuma Kesaram.
Athivisha.
Mustha.
Bilwa.
Lodhra.
Gairikam.
Katphala.
Maricha.
Sunthi.
Draksha.
Rakthachandana.
Syonakam.
Indrayava.
Sariba.
Dhataki.
Yashtimadhu.

Make fine powder.

N.B.—These drugs should be collected on a Pushya Nakshatra according to the text.

Dose: 15 to 30 grs. with rice washed water.

Indications: Pradaram, Somaroga.

66. Rasnadi Churnam.

Take equal quantity of :

- Rasna.
- Aswagandha.
- Devadaru.
- Katukarohini.
- Musambara.
- Sarjarasam.
- Kushtam.
- Vacha.
- Gairikam.
- Haridra.
- Yashtimadhu.
- Balamula.
- Musta.
- Pippali.
- Maricham.
- Sunthi.
- Puthika.
- Sahasravedhi.
- Hriberam.
- Useeram.
- Samdraphena.
- Chandanam.
- Agaru.
- Tintrini dala sira (Fibres of tamarind leaves.)

Make fine powder.

Dose : Quantity sufficient.

Indications : Applied on the forehead with castor oil or cow's milk or in breast milk in Madam, Murcha, Nidra Bhangam in Sannipatajwaram. Useful in Prathisyaya, Siroroga, etc., as nasyam.

67. Salmali Churnam.

Make fine powder of Salmali Niryasam.

Dose : 5 to 15 grs. with honey or ghee.

Indications : Rakthapittam, Raktathisaram and other hæmorrhagic conditions.

68. Sudarsana Churnam.

Take :

Haritaki	1 tola each.
Vibhitaki	
Amalaki	
Daruharidra	
Haridra	
Hrisvakantakari	
Bhihat Kantakari ..	

68. **Sudarsana Churnam**—*cont.*

Take :

Kachoram	1 tola each.
Pippali	
Maricham	
Sunthi	
Pippalimulam	
Moorva	
Thrayamana	
Valakam	
Nimbam	
Pushkaramula	
Madhuyashti	
Kutajabeejam	
Yavani	
Kutajatwak	
Bharangi	
Sigrubeejam	
Sourashtrakam (Tuvari) ..	
Vacha	
Twak	
Padmakam	
Useeram	
Chandanam	
Ativisha	
Bala	
Saliparni	
Prisniparni	
Vidangam	
Tagaram	
Chitramula	
Devadaru	
Chavyam	
Patolapatra	
Jeevakam	
Rishabhakam	

68. Sudarsana Churnam—*cont.*

Take:

Lavangam	.. .. ..	1 tola each.
Vamsalochana	.. ..	
Pundareekam	.. ..	
Takolam	.. .. ..	
Patram	.. .. ..	
Jathipatri	.. .. ..	
Talisapatram	.. ..	
Kiratatikatam	.. ..	24 tolas.

Make fine powder.

Dose: 10 to 40 grains with warm water.
Indications: All jwarams including Vishamajwaram and Dhatugatajwaram.

69. Maha Sudarsana Churnam.

Take:

Sudarsana Churnam	..	1 part.
Powdered Cinchona bark.		$\frac{1}{4}$,,

Mix well.

Dose: 10 to 15 grs. with Panchathikta Kashayam or warm water.
Indications: Malaria and other Vishama Jwaram.

70. Talisadi Churnam.

Take:

Talisapatram	... ...	1 part.
Maricham	.. ..	2 parts.
Sunthi	.. ..	3 ,,
Pippali	.. ..	4 ,,
Vamsalochana	.. ..	5 ,,
Lavangatwak	... ...	$\frac{1}{2}$ part each.
Ela	.. ..	

Make fine powder and add powdered sugar 32 parts.

Dose: 10 to 30 grs. with honey.
Indications: **Kasa, swasa, arochaka, prathisyaya.**

71. Thrikatu Churnam.

Take equal quantity of :

Pippali.
Maricham.
Sunthi.

Dose : 5 to 10 grs.
Indications : Ajeernam, Agnimandyam and as anupanam for various medicines.

72. Thriphala Churnam.

Make fine powder equal parts of :

Haritaki.
Vibhitaki.
Amalaki.

Dose : 10 to 30 grs. with honey or warm water or gudam as anupanam.

Indications : Used as a laxative. Used as gandusham in Asyapaka ; used as lotion for Vranasodhanam.

Note.—All the three ingredients should be used without their seeds.

73. Thrivrith Churnam.

Thrivrith—Make fine powder.

Dose : 30 to 60 grs. with sugar or jaggery and water.

Indications : Laxative.

74. Tankana Churnam.

Tankanam—Fry well and powder.

Dose : Quantity sufficient.

Indications : As gargle in inflammatory conditions of the month; External use with coconut oil in ulcers.

75. Vaiswanara Churnam.

Take:

Sanidhava	1 part.
Yavani	2 parts.
Ajamodam	3 ,,
Pippali	4 ,,
Sunthi	5 ,,
Harithaki	15 ,,

Make a fine powder.

Dose: $\frac{1}{4}$ to $\frac{1}{2}$ tola with water.
Indications: Soola, gulma, agnimandya, adhmanam.

76. Varahyadi Churnam.

Take:

Musali Kanda	equal parts.
Ela	
Gudoochisatwa	
Pippali	
Daruharidra	
Vamsalochana	
Sugar	

Make fine powder and add powdered sugar and mix.

Dose: $\frac{1}{4}$ to $\frac{1}{2}$ tola with water.
Indications: Kamala.

77. Yavanyadi Churnam.

Take:

Jeeraka	One tola each.
Thintrinidala sira ..	
Amlavetasa	
Sunthi	
Dadima twak	
Badara majja	

77. Yavanyadi Churnam—*cont.*

Dhanyaka	.. .. ..	½ tola each.
Sowarcha lavana	..	
Ajagandha	.. ..	
Lavangam	.. .. ..	
Pippali	.. .. ..	100 Nos.
Maricham	.. .. ..	200 Nos.

Make fine powder well and add finely powdered sugar 4 palams.

Dose: 10 to 30 grs. with honey.

Indications; Hridyam, Ruchyam, Grahi. Good in Grahani.

SECTION IV.

GHRITHAM AND THAILAM.

For the preparation of Gritham or Thailam the following things are generally required :—

(1) Kashaya or Swarasam,
(2) Kalka,
(3) Sneha (Gritha or Thaila) and
(4) Ksheera if mentioned.

The quantity of Kashaya should be four times that of Sneha.[1] If the Kashaya is prepared from soft drugs (Mrudu Dravya) the water should be added four times of the quantity of the drug and if hard drugs (Kathina Dravya) water should be added eight times the drugs and reduced to one-fourth of the water. If hard and soft drugs are taken, the water should be eight times the quantity of the drugs. The drugs for the Kalka should be finely powdered and ground with water or milk to a soft paste and added. Saindhava, Kshara, etc., should be dissolved in the Kashaya and then Sneham should be added. Where Sarjarasa, Karpura, Madhuchishtam are mentioned they should be added only after the Sneha is filtered or put in the vessel in which the Sneha is to be filtered. Where Kashaya alone is mentioned and no Kalka Dravya is mentioned, the Kashaya Dravya should be used as Kalka. In such cases the quantity of Kalka should be either one-eighth or one-sixth of the Sneha.

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[1] There is a tradition in some parts that equal quantity of pure water is to be added before the Sneha is boiled. However in practice it is not being done.

The whole thing is to be kept on fire and boiled till the moisture evaporates. Care should be taken to see that the Kalka does not adhere to the bottom of the vessel. It should be often stirred. When froth appears on the surface, and if the Kalka could be rolled by the fingers and when put into fire no crackling sound comes, then the pakam for thailam has come and it should be filtered. In the case of Ghritham the froth disappears after some time and then it should be filtered.

Three pakams are mentioned for Sneha, namely: (i) Mrudupaka, (ii) Madhyamapaka, and (iii) Kharapaka. For purposes of Abhyanga Madhyama paka and for the use on the head—Kharapaka are indicated.

The Ghritham and Thailam should not be prepared in a single day. If the process of preparation is extended to a few days there will be greater efficacy in the result of the product.

Ghritham and Thailam can be used for a period of four months after they are prepared; after four months they loose their potency.

78. Amrithaprasha Ghritham.

Take :

Amalaki Swarasam	..	2 lb. each.
Vidari Swarasam ..	..	
Ikshu Swarasam ..	..	
Chagamamsa Rasam	..	
Ksheeram ..	.. ..	
Ghritham ..	.. ..	

78. Amrithaprasha Ghritham—*cont.*

Boil till all the moisture evaporates. Add the fine churnam of the following and mix well :—

Jivanthi	$\frac{1}{4}$ tola each.
Kakoli	
Ksheerakakoli	
Medha	
Mahameda	
Mudgaparni	
Mashaparni	
Jivakam	
Rishabhakam	
Yashtimadhu	
Sunthi	
Sathavari	
Vara	
Punarnava	
Bala	
Bharangi	
Athmagupta	
Kachoram	
Bhoodhatri	
Pippali	
Sringatakam	
Payasya	
Brihati	
Kantakari	
Saliparni	
Gokshuram	
Draksha	
Akshodam	
Mochaphalam	
Thalaphalam	
Parushakam	

78. Amrithaprasha Ghritham—*cont.*

When cooled, add

Madhu	.. .. ..	1 lb.
Sugar (powdered)	.. ..	50 palams.
Maricha Churnam	.. ..	½ palam each.
Twak Churnam	.. ..	½ palam each.
Ela Churnam	.. ..	½ palam each.
Patra Churnam	.. ..	½ palam each.
Nagakesara Churnam	..	½ palam each.

Mix well.

Dose : ½ to 1 tola.
Indications : Nashtasukram, Kshathaksheena Rakthapitta, Moothrarogas, Kshayam, Kasa.

79. Arjuna Ghritham.

Prepare Kashaya of :

Arjunatwak [1]	.. ..	1 lb.
Water	.. .. ..	16 ,,
Boil and reduce to	.. ..	4 ,,
Add Ghritham	.. ..	1 ,,

Kalka of :

Arjunatwak .. .. 4 tolas.

Prepare Ghritham.

Dose : ¼ to ½ oz. with warm water or milk.
Indication : Hridrogam.

[1] Swarasa can be added if fresh drug could be obtained.

80. Asoka Ghritham.

Prepare Kashaya of :

I. Asoka Twak	.. ..	16 palams.
Water	.. .. ..	8 lb.

Boil and reduce to 2 lb. and filter.

80. Asoka Ghritham—*cont.*

Prepare Kashaya of:

II. Jiraka .. .. 16 palams.
Water .. .. .. 8 lb.
Boil and reduce to 2 lb. and filter.

Mix I and II.

Add:

Ghee	.. .. ..	2 lb.
Tandulodakam	.. ..	2 lb. each
Ajaksheeram	.. ..	
Bhringarajaswarasa	..	

Add the Kalakam of:

Jivanti	.. .. ..	2 tolas each.
Kakoli	.. .. ..	
Ksheerakakoli	.. ..	
Mudgaparni	.. ..	
Mashaparni	.. ..	
Meda	.. .. ..	
Mahameda	.. ..	
Jivaka	.. .. ..	
Rishabhaka	.. ..	
Yashtimadhu	.. ..	
Priyalam	.. .. ..	
Parusham	.. .. ..	
Rasanjanam	.. ..	
Asokamulam (bark)	..	
Draksha	.. .. ..	
Satavari	.. .. ..	
Tanduliyakamula	.. ..	

Boil to Mridupakam and filter. Add powdered sugar 8 palams.

Dose: $\frac{1}{4}$ to $\frac{1}{2}$ oz. with warm milk.
Indications: Pradaram, Yonisulam, Katisulam.

81. Brahmi Ghritham.

Take Brhami Swarasam 8 lb.

Add ghee 2 lb.

Add the Kalkam of:

Haridra	1 palam each.
Amalaki	
Thrivrith	
Harithaki	
Pippali	1 tola each.
Vidangam	
Vacha	
Saindhava	1 tola each. (Dissolve in water and add.)
Sugar	

Boil to pakam and filter.

Dose: ¼ to ½ oz.

Indications: Unmada, Apasmara, etc. Increases the memory power.

82. Brihatchagaladyam Ghritham.

1. Chagamamsam—100 palams.
   Boil in water 64 lb. and reduce to 16 lb. and filter.
2. Dasamulam—100 palams.
   Boil in water 64 lb. and reduce to 16 lb. and filter.
3. Aswagandha—100 palams.
   Boil in water 64 lb. and reduce to 16 lb. and filter.
4. Balamulàm—100 palams.
   Boil in water 64 lb. and reduce to 16 lb. and filter.

82. Brihatchagaladyam Ghritham—*cont.*

5. Sathavari Swarasam ..	16 lb. each.
Milk	
Ghritham	

Add the Kalkam of:

Jivanthi	1 tola each.
Yashtimadhu	
Draksha	
Kakoli	
Ksheerakakoli	
Nilotpalam	
Mustha	
Chandanam	
Rasna	
Mudgaparni	
Mashaparni	
Saribhadwayam	
Meda	
Mahameda	
Kushtam	
Jivakam	
Rishabhakam	
Sati	
Daruharidra	
Priyangu	
Harithaki	
Vibhithaki	
Amalaki	
Tankanam	
Thalisapathri	
Padmakam	
Ela	
Pathram	
Sathavari	
Nagakesaram	

82. Brihatchagaladyam Ghritham—*cont.*

Add the Kalkam of :

Jathikusumam	1 tola each.
Dhanyakam	
Manjishta	
Dadimam	
Devadaru	
Renukam	
Elavalukam	
Vidangam	
Jeerakam	

Boil to pakam and filter.

Allow to cool and add fine powdered sugar 2 lb. and mix well.

Dose : $\frac{1}{4}$ to $\frac{1}{2}$ oz. with milk or warm water.

Indications: Vatharogas, Apasmaram, Unmadam, Pakshaghatham Karnarogam, Apathanthrakam, Parswasoolam, Hridrogam, Pandu, Khanjam, Apathanam, Antharayamam, Daham, Akshepakam, Nashtasukram, Kampavatha.

83. Dadimadyam Ghitham.

Kalkam :

Dadimatwak	4 palams.
Dhanyakam	2 ,,
Chithramulam	1 palam.
Sunthi	1 ,,
Pippali	$\frac{1}{2}$,,
Gritham	20 palams.

Add water 8 lb.

Prepare Gritham.

Dose : $\frac{1}{4}$ to $\frac{1}{2}$ oz.

Indications : Pandu, Gulmam, Arsas and Pleeharogas.

84. Dhanvanthara Ghritham.

Prepare Kashaya of :

Dasa Mulam	10 palams each.
Kachoram	
Danthi Mulam	
Devadaru	
Punarnava Raktha ..	
Punarnava Swetha ..	
Snuhi Mulam	
Arka Mulam	
Haritaki	
Bhukadambam	
Bhallathakam	
Karanja Mulam	
Varuna Mulam	
Pippali Mulam	
Pushkara Mulam	

Yavam	2 lb. each.
Kolam	
Kulatham	

Water .. .. .. 200 lb.

Boil and reduce to 50 lb. Filter, add Ghritham 2 lb. and Kalkam of :

Pippali	1 tola each.
Gajapippali	
Chavyam	
Vacha	
Nichulam	
Rohisham	
Thrivrith	
Vidangam	
Kampillam	

84. Dhanvanthara Ghritham—*cont.*

Bharangi	} 1 tola each.
Sunthi	

Prepare Ghritham.

Dose; ¼ to 1 oz.
Indications: Prameha, Prameha pitaka, Pandu, Gulmam, Arsas, Swasam, Kasam, Apasmaram.

85. Hingvadyam Ghritham.

Kalkam of:

Hingu	1 tola each.
Sowarcha lavanam ..	
Pippali	
Maricham	
Sunthi	
Bidalavanam	
Dadimathwak	
Ajamoda	
Pushkara Mulam	
Jeerakam	
Dhanyakam	
Amlavethasam	
Yavaksharam	
Chithramoola	
Kachoram	
Vacha	
Ajagandha	
Ela	
Thulasi	

Ghritham 2 lb.
Dadhi 12 lb.
Water 8 lb.
Prepare Ghritham.

Dose: ¼ to ½ oz.
Indications: Gulmam, Sulam, Anaham.

86. Indukanta Ghritham.

Prepare Kashayam of :

Putikaranjatwak ..	4 palams.
Devadaru	4 ,,
Dasamulam	40 palams (each 4 palams).
Water	64 lb.

Boil and reduced to 16 lb.

Ghritham	4 lb.
Milk	16 ,,

Add the Kalkam of :

Pippali	2 palams each.
Pippali Mulam	
Chavyam	
Chitrakam	
Sunthi	

Add Yavaksharam.

Boil to mridupakam and filter.

Dose : $\frac{1}{4}$ to $\frac{1}{2}$ oz. with warm water or milk.

Indications : Sulam, Gulma, Vataroga. During convalence after fever. Chronic peptic ulcers—In chronic intermittent fevers and in nervous diseases generally.

87. Jathyadi Ghritham.

Take :

Jathipathram (Mallika-pathram).	1 palam each.
Nimbapathram	
Patolapathram	
Katukarohini	
Daruharidra	
Haridra	
Sariba	
Manjishta	
Harithaki	
Siktham (bees wax) ..	

87. Jathyadi Ghritham—*cont.*

Take:

Mayurathutham *	..	1 palam each.
Yashtimadhu ..	..	
Karanjabija ..	..	

Water 16 lb. Boil and reduce to 4 lb.

Filter and add Ghritham 1 lb. and the Kalkam of:

Mallikapathram ..	..	1 tola each.
Nimbapathram ..	..	
Patolapathram ..	..	
Katukarohini ..	..	
Daruharidra ..	..	
Nisa	..	
Sariba	..	
Manjistha	..	
Harithaki	..	
Siktham	..	
Mayurathutham ..	..	
Yashtimadhu ..	..	
Karanjabeejam ..	..	

Prepare Ghritham. For external use

Dose: Quantity sufficient.

Indication: In all varieties of Vrana.

88. Jivanthyadi Ghritham.

Prepare Kashaya of:

Jivanthi	..	100 palams.
Water	..	32 lb.
Boil and reduce to ..	..	8 ,,
Add Ghritham ..	..	2 ,,
Milk	..	4 ,,

Add the Kalkam of:

Ikshumulam ..	..	1 tola each.
Kakoli	..	

---

* Dissolve in the Kashaya before adding ghee.

88. Jivanthyadi Ghritham—*cont.*

Add the Kalkam of :

Pippali	1 tola each.
Lodhra	
Saindhava	
Sathapushpa	
Yashtimadhu	
Draksha	
Sita	
Devadaru	
Haritaki	
Vibhitaki	
Amalaki	

Boil to mridhupakam and filter.

Dose : $\frac{1}{4}$ to $\frac{1}{2}$ oz. with warm milk at bed time.
Indication : Thimiram.

N.B.—Saindhavam and sugar should be dissolved in the Kashaya before adding ghee.

89. Kalyanaka Ghritham.

Take the Kalkam 1 tola each of :

Visala.
Haritaki.
Amalaki.
Vibhitaki.
Renukam.
Elavalukam.
Saliparni.
Devadaru.
Tagaram.
Haridra.
Daruharidra.
Sariba (white).
Sariba (black).
Priyangu.
Neelotpalam.
Ela.
Manjistha.
Danthimula.
Dadimatwak.
Nagakesaram.
Talisaptram.
Kantakari.
Malatikusumam.
Vidangam.
Prisniparni.
Kushtam.
Chandanam.
Padmakam.

89. Kalyanaka Ghritham—*cont.*

Add water 8 lb.

Ghee 2 lb.

Boil to pakam and filter.

Dose: ¼ to ½ oz. with warm water or warm milk.

Indications: Pandu, Unmadam, Apasmaram, Vatharaktha and in uterine disorders.

N.B.—Instead of 8 lb. of water, 4 lb. of water and 8 lb. of milk are added it is called *Ksheerakalyanaka Ghritham.*

90. Karaskara Ghritham.

For Kashaya, 1 part each of:
Ikshu.
Bala.

For Kalka, 1 part each of:
Draksha.
Yashti.
Rakta Kadaliphalam.
Vishamushtibeejam 3 parts.
Ghritham 1 part.
Milk 2 parts.

Dose: ¼ to ½ oz. with warm water.

Indications: Twakrogam and Vatarogam.

91. Mahakalyana Ghritham.

Prepare Kashaya, 1 tola each of:
Saliparni.
Tagaram.
Haridra.
Daruharidva.
Sariba (white).
Sariba (black).
Pryangu.
Nilotpalam.
Ela.
Manjishta.

91. Mahakalyana Ghritham—*cont.*

Prepare Kashaya, 1 tola each of :

Danti Mulam.	Vidangam.
Dadimatwak.	Prisiparni.
Nagakesara.	Kushtam.
Talisapatram.	Chandanam.
Kantakari.	Padmakam.
Malathikusumam.	

Water—16 lb.

Boil and reduce to 4 lb.

Add ghee 2 lb.

Cows milk 8 lb.

Add as Kalkam 1 tola each of :

Veera.	Vishanika.
Riddhi.	Saliparni.
Meda.	Prisniparni.
Kakoli.	Mudgaparni.
Kapikachu.	Mashaparni.

Boil to pakam and filter.

Dose : $\frac{1}{4}$ to $\frac{1}{2}$ oz. with warm milk or water.

Indications : As for Kalyanaka Ghritham. This is more efficacious than Kalyanaka Ghritham.

92. Mahathriphaladi Ghritham.

Take 2 lb. each of :

Thriphala Kashayam.
Bhringaraja Swarasam.
Vāsa Swarasam.
Satavari Swarasam.
Guduchi Swarasam.
Amalaki Swarasam.

Add Ghritham 2 lb.
Ajaksheeram 2 lb.

92. Mahathriphaladi Ghritham—*cont.*

Add Kalkam 2 tolas each of :

Pippali.	Yashtimadhu.
Sitha.	Ksheerakakoli.
Draksha.	Guduchi.
Thriphala.	Kantakari.
Nilotpalam.	

Boil to Mridupakam and filter.

Dose : $\frac{1}{4}$ to $\frac{1}{2}$ oz. with warm milk or water.

Indications : Thimiram, Kacham, Nakthandyam, Abhishyandam, Adhimandham.

93. Mahatikthaka Ghritham.

Take 6 tolas each of :

Saptachada.	Nimbatwak.
Parpataka.	Chandanam.
Aragwadha.	Yashtimadhu.
Katukarohini.	Visala.
Vacha.	Kutajabeejam.
Haritaki.	Guduchi.
Vibhitaki.	Kiratatiktha.
Amalaki.	Useeram.
Padmakam.	Vasa.
Pata.	Moorva.
Haridra.	Satavari.
Daruharidra.	Patola.
Sariba.	Ativisha.
Syama.	Musta.
Pippali.	Brahmi.
Hasthipippalli.	Dusparsa.

Add water 64 lb. Boil and reduce to 16 lb. and filter.

93. Mahatikthaka Ghritham—*cont.*

Add Amalaki Swarasam 4 lb. and Ghritham 2 lb.

Add the Kalkam of all Kashaya Dravyam—20 tolas all put together.

Boil to Mridupakam and filter.

Dose: $\frac{1}{4}$ to $\frac{1}{2}$ oz. with warm milk.

Indications: Kushtam, Vranam, Nadivaram, Apachi, Unmada, Switram, Kamala, Bhagandra.

94. Panchagavya Ghritham.

Take 2 lb. each of:

Goksheeram.
Go-dadhi.
Go-muthram.
Gomayaswarasam.
Go-gritham.

Add Kalkam 1 tola each of:

Vacha.
Ela.
Harithaki.
Vibhithaki.
Amalaki.
Vidangam.
Yashtimadhu.
Pippali.
Katukarohini.
Draksha.
Haridra.
Daruharidra.
Mustha.
Pata.
Manjishta.
Vasamoolam.
Chritramoolam.

Prepare Ghritham.

Dose: 1 to 2 tolas with warm milk or water.

Indications: Unmadam, Bhoothavesam, Nashtarthavam used as medhyam.

95. Pancha Thiktaka Guggula Ghritham.

Take 10 palams each of :
Nimbatwak.
Guduchi.
Vasamula.
Patolam.
Kantakari.

Add water 32 lb. boil and reduce to 4 lb.

Add Ghritham 2 lb. and Kalkam one tola each of :

Pata.
Vidangam.
Devadaru.
Hasthipippali.
Ksharadwayam.
Sunthi.
Haridra.
Satapushpa.
Chavyam.
Kushta.
Jyotishmati.
Maricham.
Ajamoda.
Indrayavam.
Chitramula.
Katukarohini.
Arushkaram.
Vacha.
Pippalimula.
Manjishta.
Ativisha.
Visha.
Jeeraka.

Sodhitha Guggulu—5 palams.
Boil to Mridupakam and filter.

Dose : $\frac{1}{4}$ to $\frac{1}{2}$ oz. with warm water.

Indications : Sandhigatavatha, Asthigatavatha, Kushta Vrana.

N.B.—Guggulu should be mixed in the Kashaya well before ghee is added.

96. Patoladi Ghritham.

Take 1 palam each of :
Patola.
Nimbatwak.
Katukarohini.

96. **Patoladi Ghritham**—*cont.*

Take 1 palam each of:

Daruharidra.
Useeram.
Harithaki.
Vibhithaki.
Amalaki.
Vasamulam.
Dhanvayasakam.
Thrayanthi.
Parpatakam.

Add water—32 lb.

Boil and reduce to 8 lb. and filter and add:

Amalakiswarasam.. } 2 lb. each.
Ghritham.. }

Add Kalkam 2 tolas each of:

Mustha.
Bhoonimba.
Yashtimadhu.
Kutajathwak.
Udichyam.
Chandanam.
Pippali.

Prepare Ghritham.

Dose: $\frac{1}{4}$ to $\frac{1}{2}$ oz.

Indications: Thimiram, Nakthandyam, Kushtam, Visarpam.

97. Phala Ghritham.

Take Satavari Swarasa—8 lb.

Add Ghritham—2 lb.
Milk—8 lb.

Add Kalkam 1 tola each of:

Manjishta.
Yashtimadhu.
Kushtam.
Haritaki.
Vibhitaki.
Amalaki.
Bala.
Meda.
Mahameda.
Ksheerakakoli.
Kakoli.
Aswagandha.
Ajamoda.
Haridra.

97. Phala Ghritham—*cont.*

Add Kalkam 1 tola each of:

Daruharidra.	Kumudam.
Hingu.	Draksha.
Katukarohini.	Chandanam.
Utpalam.	Raktachandanam.

Boil to Mridupakam and filter.

Dose: $\frac{1}{4}$ to $\frac{1}{2}$ oz. with warm water.

Indications: Vata, Yoniroga. Acts as Vrishyam for the male and Garbhapradam for the female (Sterility, Amenorrhoea, etc.)

98. Rechana Ghritham.

Prepare Kashaya 1 palam each of:

Nagadanthi Moola.	Nilini.
Thrivrith.	Thilwakam.
Thriphala.	Aragwadhaphalam.
Gavakshi.	Kampillam.
Snuhi.	Hemadughdha.
Sankhini.	

Water 16 lb. Boil and reduce to 4 lb. Filter and add—

Ghritham .. .. }
Milk .. .. } 1 lb. each.
Gomuthram .. }
Snuhi Ksheeram .. }

Kalkam of all Kashayadravyas $\frac{1}{2}$ tola each. Prepare Ghritham.

Dose: $\frac{1}{4}$ to $\frac{1}{2}$ oz. with warm water.

Indications: Used as Virechanam in Udaram, Arsas, Gulma.

99. Saraswatha Ghritham.

Prepare Kashaya 1 palam each of:

Harithaki.	Brihathi.
Vibhithaki.	Kantakari.
Amalaki.	Saliparni.
Lakshmana.	Prisniparni.
Duralabha.	Punarnava Dwayam.
Samanga.	Sahadevi.
Sariba.	Arkam.
Vacha.	Payasya.
Brahmi.	Kutajam.
Pata.	

Water 64 lb. Boil and reduce to 16 lb. Add Ghritham 2 lb. Milk 8 lb.

Add Kalkam 2 tolas each of:

Renukam.	Pippali.
Vacha.	Saindhavam.
Kushtam.	Sarshapa.

Prepare Ghritham.

Dose: $\frac{1}{2}$ to 1 oz. twice a day.

Indications: Unmadam, Visham and Bhoothavesam.

N.B.—A small piece of gold should be put in the Ghritham while boiling.

100. Satavariyadi Ghritham.

Take 4 lb. each of:

Satavari Swarasam.
Swadamashtra Kashaya.

Add Ghritham—4 lb.
Milk 8—lb.

100. Satavariyadi Ghritham—*cont.*

Add Kalkam one tola each of:

Vidari.	Pattram.
Chandana.	Musta.
Tugakshiri.	Kakoli.
Draksha.	Ksheerakakoli.
Yashtimadhu.	Meda.
Kaserukam.	Mahameda.
Urvarubeejam.	Jivaka.
Elabeejam.	Rishabhaka.
Gairikam.	Mudgaparni.
Pippali.	Mashaparni.
Utpalam.	Jivanthi.
Padma kandam.	Yashitmadhu.

Boil to Mrudu pakam and filter.

Add honey— 2 lb.

Sugar (powder) 1 lb. when cool.

Dose: ¼ to ½ oz.

Indications: Mootra krichram, Pradaram, Somaroga Rakta pitta, Yonidosha.

101. Shatpala Ghritham.

Milk—8 lb.

Add Ghritham—2 lb.

Add Kalkam 3 tolas each of:

Pippali.
Pippalimula.
Chavyam.
Chitrakam.
Sunthi.
Yavakshram.

Boil to Mrudu pakam and filter.

Dose: ¼ to ½ oz. with warm water.

Indications: Gulmam, Soolam, Rajayakshma, Agni mandyam.

102. Sukumara Ghritham.

Prepare Kashayam of:

Punarnava	..	100 palams each.
Dasamula ..	..	
Vidari ..	..	10 palams each.
Aswagandha	..	
Erandamula	..	
Satavari ..	..	

Darbha (two varieties)—20 palams.

Saramulam	..	10 palams each.
Kasamulam	..	
Ikshumulam	..	
Hapusha ..	..	

Add water—128 lb. and reduce to 16 lb.

Filter the Kashaya and add Gudam 30 palams.

Eranda Tailam	..	2 lb.
Ghritham ..	..	4 lb. each.
Milk ..	..	

Add Kalkam 2 palams each of:

Pippali.
Pippli mulam.
Saindavam.
Yashtimadu.
Madhukam.
Draksha.
Jiraka.
Sunthi.

Boil to mrudupakam and filter.

Dose: ¼ to ½ oz. with warm milk or water.

Indications: Soolam, Gulma, Antra-Vridhi, etc. Diseases of the male and female genital organs. Abdominal pains—General tonic—relieves chronic constipation. Regular use in the later months of pregnacy renders delivery easy.

103. Tiktaka Ghritham.

Prepare Kashayam 1 palam each of :

Patola.	Pata.
Nimbatwak.	Dusparsa.
Katukarohini.	Parpataka.
Daruharidra.	Trayamana.

Add water 16 lb. and reduce to 2 lb.

Add ghritham 12 palams and kalkam 1 tola each of :

Brahmi.	Kutaja bija.
Musta.	Pippali.
Bhoonimbha.	Chandanam.

Boil to mrudupakam and filter.

Dose : $\frac{1}{4}$ to $\frac{1}{2}$ oz. with warm water or milk.

Indications : Kushta, Pandu, etc. In all types of skin diseases and chronic ulcerative conditions.

104. Triphala Ghritham.

Prepare Kashayam 1 lb. each of :
Haritaki.
Vibhitaki.
Amalaki.

Add 48 lb. of water.
Boil and reduce to 12 lb.

Add ghee—3 lb.
Milk —12 lb.

Add the kalkam 2 palams each of :
Haritaki.
Vibhitaki.
Amalaki.

Boil to mrudupakam and filter.

Dose : $\frac{1}{4}$ to $\frac{1}{2}$ oz. with warm Triphala kashaya, sugar or honey.

Indications : Netrarogas. Chronic affections of the eye. Improves the eye-sight.

105. Vidaryadi Ghritham.

Prepare Kashayam 1 palam each of :

Vidari kandam.	Sathavari.
Eranda Moolam.	Jivakam.
Vrischikali.	Rishabhakam.
Punarnava.	Brihati.
Devadaru.	Kantakari.
Mudgaparni.	Saptaparni.
Mashaparni.	Prisniparni.
Kandukari.	Gokshuram.
Jivanthi.	Gopasutha (sariba).
Meda.	Thripadi.

Add water 50 lb. Boil and reduce to 12 lb.

Add ghritham—3 lb.

Add kalkam of all the Kashaya drugs, each 1 tola.

Prepare ghritham.

Dose : $\frac{1}{4}$ to $\frac{1}{2}$ oz.

Indications : Vatharogas, Hrithroga Dhatu Kshaya, used as Brahmanam and Vrishyam.

SECTION V.

GUTIKA.

Gutika or Pills are made out of various drugs. The drugs are separately powdered and the requisite quantity taken and mixed. The powder is added to jaggery, sugar or similar substances and made into pills. That is, the sugar or jaggery is made into pakam and when proper pakam comes, it is taken out of fire and the powders added and mixed well. When the heat slowly subsides, the medicine is rolled into pills of the requisite size and allowed to cool.

Another method of preparation is that the powdered drugs are put in a khalvam (stone mortar) and ground with water, Kashaya or Swarasa as the case may be. When the whole thing is ground to form a pill mass or to the specified number of days, it is made into pills of the required size. If in a prescription Kasthoori or Karpura are included, they are added only at the end and ground. The pills are dried in shade till the moisture is completely dried.

If the pills are of vegetable origin they can be kept for a year. Pills of non-vegetable origin made of Bhasmas, etc., can be kept indefinitely.

106. Anthrakutharam.

Take 1 tola each of :

Hingulam.	Vacha.
Harithaki.	Yavaksharam.
Hingu.	Kuberakshibijam.
Saindhavam.	Lasunam.
Tankanam.	

106. Anthrakutharam—*cont.*

Sagarandabijam—9 tolas. (Kadelthengai).

Grind the above in Nirgundi Swarasam and make pills of 2 grs.

Dose: 1 to 2 Pills with jaggery, warm water or ginger juice.

Indications: Anthravriddhi, Udavartham, Soolam, Arsas, Gulmam.

107. Ashtakshari Gutika.

Take equal parts of:

Ahiphenam.	Hingulam.
Chandanam.	Pippali.
Raktachandanam.	Hingu.
Jathiphalam.	Athivisha.

Grind and make pills of 2 grs.

Dose: 1 to 2 pills with honey.

Indications: Grahani, Athisara, Rakthadisara, Pravahika.

108. Asokadi Vati.

Prepare Asoka twak Kashaya and filter, boil again, when it becomes thick add some quantity of fine powder of Asoka twak and mix well to solid consistency. This is called rasa kriya.

Asoka Rasakriya—4 parts.

Kaseesa Sindooram—1 part.

Mix and grind with Asoka Kashaya and make 5 gr. pills.

Dose: 1 pill with honey or water.

Indications: Pradaram, Yoni soolam, Arthava rodha and Arthava soolam.

109. Bhallataka Vati.

Take equal parts of:

Bhallataka (purified).
Tilam.
Haritaki Churnam.
Gudam.

Mix and grind the first three and add gudam. Grind to pill mass and prepare pills of 5 grains.

Dose: 1 to 2 pills twice a day with warm milk.
Indications: Phirangam, Kustam, Amavatam, etc.

110. Bilwadi Gutika.

Take fine powder equal parts of:

Bilwamoolam.	Amalaki.
Surasapushpam.	Pippali.
Karanjaphalam.	Maricham.
Tagaram.	Sunthi.
Devadaru.	Haridra.
Haritaki.	Daruharidra.
Vibhitaki.	

Grind in Goat's urine and make pills of 10 grs.

Dose: 1 pill with honey or ghee.

Indications: Loothavisham, Vrichika Visha and in other bites of poisonous reptiles. Visoochika—Athisara, etc.

This can also be applied externally at the place of bite, rubbed with water and made into a paste.

111. Chandana Vati.

Take:

1 Yastimadhu Churna .. } 3 parts each.
2 Cubebs .. .. .. }

111. Chandana Vati—*cont.*

Take:

3 Pot. Nitras ..	..	1 part.
4 Babula Niryasam	..	3 parts.
5 Rumi Mustaki ..	..	1 part.
6 Chandana Tailam	..	
7 Copaiba ..	..	

Grind 4 in water, add 5, 2, 1, 3 and lastly 7 and 6, grind and make pills of 5 grs.

Dose: 1 to 2 pills with water.

Indications: Pooyameha, Muthrakrichra, Somaroga, etc.

112. Chandraprabha Vati.

Take 1 tola each of:

Chandraprabha.	Pippalimulam.
Vacha.	Chitramulam.
Musta.	Thrivrith.
Bhunimba.	Danthi.
Devadaru.	Patram.
Haridra.	Lavangatwak.
Ativisha.	Ela.
Daruharidra.	Vamsalochana.

And ¼ tola each of:

Dhanyakam.	Pippali.
Haritaki.	Maricham.
Vibhitaki.	Sunthi.
Amalaki.	Yavaksharam.
Chavyam.	Swarjika Ksharam.
Vidangam.	Saindhavam.
Gajapippali.	Sowarchalavanam.
Swarna Makshikam.	Bida lavanam.

Loha Bhasma—2 tolas.

112. Chandraprabha Vati—*cont.*

Sita—4 tolas.
Gomutra Silajathu—8 tolas.
Guggulu—8 tolas.

Powder the drugs, add loha bhasma, powdered sitha and the last two and grind well and make 5 gr. pills.

Dose: 1 to 2 pills with Amalaki Swarasam or Guduchi Swarasam or water.

Indications: Somarogam, prameham, moothrakrichram, moothraghatam, asmari, kamala.

113. Chayilyadi Gutika.

Take equal parts of:

Hingulam.
Jathiphala.
Kanta bhasma.
Bhanga.
Ahiphenam.
Ativisha.
Pippali.
Yavani.
Maricham.

Make fine powder and grind with Dhatoora Swarasam and make 2 gr. pills.

Dose: 1 pill with honey or buttermilk.
Indications: Rakthatisaram, pravahika, etc.

114. Chithrakadi Vati.

Take equal quantity of fine powders of:

Chitramulam.
Pippalimulam.
Yavaksharam.
Sarjaksharam.
Saindhava lavana.
Sowarcha lavana.
Bida lavana.
Samudra lavana.
Audbhida lavana.
Sunthi.
Maricham.
Pippali.
Hingu.
Chavyam.
Ajamodam.

114. Chithrakadi Vati—*cont.*

Grind with Dadima Swarasam or Mathulinga Swarasam and make pills of 5 grains.

Dose : 1 pill with honey or Ajamoda Kashaya.

Indications : Grahani, Agnimandyam, Ajeernam.

115. Dhanvantara Gutika.

Take equal parts of :

A

Sunthi.	Asali.
Harithaki.	Kantivenna (Mal.)
Jeerakam.	Lankesam.
Kiratatiktha.	Rudraksha.
Elabijam.	Devadaru.
Simhimoolam.	

B

Himakarpoora.
Gandhamarjarabeeja.

Powder **A** well and grind with Jiraka Kashayam. When the mass has become soft add **B**, grind and make 2 gr. pills.

Dose : 1 to 2 pills with honey or any suitable Kashayam.

Indications : Swasa, Kasa, Hicka, Chardi and other Vata Kapha conditions.

116. Gorochanadi Gutika.

Take equal parts of :

A

Sringam.	Apamarga.
Rudraksham.	Lasunam.
Chandanam.	Puthigandha.
Vacha.	Sunthi.
Aklari (Mal.)	Maricham.
Useeram.	Pippali.
Mustha.	Eswara mula.
Bhunagam.	Pata.
Aja Sringam.	Sankhapushpimula.
Hasthi Sringam.	Neelinimula.
Mriga Sringam.	Haritaki.
Krishnamriga Sringam.	Vibhitaki.
Khanda Mriga Sringam.	Amalaki.
Kiratha thiktha.	Tankanam.
Pravalam.	Mayakku (Mal.)
Anjanam.	Satapushpa.
Jeerakam.	Asali.
Dronapushpi.	Aryamusta.
Karpasaasthi.	Krishnajeerakam.

Take equal parts of :

B

Ambar.	Gorochanam.
Swarnapatram.	Pachakarpoora.

Make fine powder of **A** and grind with Ardraka Swarasam. Add **B** one by one while grinding and make pills of 2 gr. size.

Dose : 1 to 2 pills with Breast milk or Honey.

Indications : Moorcha, Jwaram, Apasmaram, Swasa, Kasa, etc., specially useful in children.

117. Jwara Murari Gutika.

Take powder 1 tola each of:

Pippali.	Tankanam.
Maricham.	Kirathathiktam.
Sunthi.	Katukarohini.

Take powder 3 tolas each of:

Cinchona febrifuge. Ela.

Grind with Jambeera Swarasam and make pills of 10 grains.

Dose: 1 pill with honey and ginger juice.

Indications: Vishamajwara (malaria).

118. Kastooryadi Gutika.

Take equal parts of fine powder of:

A

Kiratatiktha.	Hiravi (Malabar drug).
Rasna.	Jeeraka.
Kantham (Bhasmam).	Krishnajeeraka.
Jatiphalam.	Ajamoda.
Yavakshara.	Akarakarabham.
Sarjikakshara.	Satapushpa.
Haritaki.	Yashtimadhu.
Vibhithaki.	Lavangam.
Amalaki.	Gairikam.
Twak.	Hriberam.
Ela.	Narumpasa (Mal.).
Patram.	

118. Kastooryadi Gutika—*cont.*

Take equal parts of fine powder of:

B

Barangi.
Pasupasi (Mal.)
Chandanam.
Vacha.
Lankesam.
Pippali.
Maricham.
Sunthi.
Tankanam.
Anjanam.
Vatsanabhi.
Asali (Mal.)
Manosila } purified.
Hingulam } purified.
Kasthoori.
Gandhamarjarabeeja.
Himakarpoora.

Powder items in **A** and grind with Bringaraja Swarasam and add at the end one by one items in **B**, grind and make pills of 2 gr. size.

Dose: 1 to 2 pills with Jeeraka Kashayam or honey.
Indications: Sannipatha jwaram, Vatha Kapha jwara, Swasa, kasa, etc. Useful in diseases of children.

119. Kastooryadi Vati No. 2.

Kastoori	..	1 part each.
Kunkuma Kesaram ..	..	1 part each.
Aja Pittam (Goat's Bile)	..	4 parts each.
Gorochanam	..	4 parts each.
Jund (Neerunai Vidhai)	..	4 parts each.
Royyapitta (Crocodile Bile).		4 parts each.

119. Kastooryadi Vati No. 2—*cont.*

Pippali Churnam .. .. 8 parts.

Peelu (Jittavaraju) .. } 4 parts each.
Rasna .. .. .. }

Grind in Nagawalli swarasam and make 2 grain pills.

Dose: 1 to 2 pills with betel leaf juice or honey.
Indications: All varieties of Jwaram, Soothikajwaram, Kaphajwaram in children.

120. Lasunadi Vati.

Take equal parts of:

Lasunam.	Sunthi.
Jeerakam.	Pippali.
Gandhakam.	Maricham.
Saindhavam.	Hingu.

Grind Lasunam with Saindhavam and add the powders of the rest. Grind with lemon juice till it becomes a pill mass and make pills of 5 gr. size.

Dose: 1 pill with water or butter milk.
Indications: Athisara, Vishuchika and Grahanee.

121. Mandura Vatakam.

Take 1 tola each of:

Swarna Makshika Bhasma.	Sunthi.
	Chitramulam.
Daruharidra.	Vidangam.
Chavyam.	Haritaki.
Pippalimulam.	Vibhitaki.
Devadaru.	Amalaki.
Pippali.	Mustha.
Maricham.	

121. Mandura Vatakam—*cont.*

Manduram (Bhasma) .. .. 14 tolas.

Make fine powder of the above drugs and boil in 6 lb. of gomutram and when it becomes solid roll into 5 grain pills.

Dose: 1 pill with gomutram or water.
Indications: Pandu, Kamala, Sopham.

122. Niruryadi Gutika.

Take equal quantity of:

Niruri (Malayalam).
Ekanayakam.
Kathakabijam.
Thinthrinibijathwak.
Harithaki.
Vibhithaki.
Amalaki.
Kapithaniryasam.
Ambalari (Seeds of water Lily).
Kantham (Bhasma).
Gairikam.
Haridra.
Daruharidra.
Sitha.
Chandanam.

Make fine powder and grind in udumbarapathra swarsam and make pills of 5 grains.

Dose: 1 to 2 pills with Nisa Kashayam.
Indications: Prameham.

123. Rajapravarthini Vati.

Take 1 tola each of:

Tankana.
Hingu.
Kaseesa Bhasma.
Moosambaram.

Grind with Kumari Swarasam and make 4 grain pills.

Dose: 1 to 2 pills with Kulatha Kashaya or Tila Kashayam.
Indications: Arthavarodham and arthavasulam.

124. Sanjivini Vati.

Take equal parts of:

Vidangam. Vibhitaki.
Sunthi. Vacha.
Pippali. Guduchi.
Haritaki. Ballathaka.
Amalaki. Vatsanabhi.

Grind with gomutram and make pills of 2 grain size.

Dose: 1 to 2 pills with honey or Ardrakaswarasa.
Indications: Ajeernam, Visuchi, gulma.

125. Sankha Vati.

Take 8 tolas each of:

Chincha Ksharam.
Aswatha Ksharam.
Snuhi Ksharam.
Apamarga Ksharam.
Arka Ksharam.
Pancha Lavanam.
Sankha Bhasma .. .. 2 tolas.
Thriphala .. .. .. 1 tola.
Lavanga .. .. .. 2 tolas.

Grind with Jambeera Swarasam for seven days and make pills of 5 grains.

Dose: 1 to 2 pills with warm water or butter milk.
Indications: Parinama soolam, Ajeernam, Vishuchi.

126. Swarna Muktadi Gutika.

Take equal quantity of:

Swarna Bhasma. Pravala Bhasma.
Mouktika Bhasma. Kastoori.
Rajata Bhasma. Kunkumakesara.

126. **Swarna Muktadi Gutika**—*cont.*

Take equal quantity of :

Gorochanam.	Vacha.
Lavangam.	Pippali.
Rudraksha.	Mrigasringa Bhasma.
Madhukapushpa.	Kathakabeejam.
Bilwaphalamajja.	Sirishapushpa.'
Kushtam.	Prisniparni.
Kharjuram.	Sankha Bhasma.
Nimbabeejam.	Sunthi.
Draksha.	Sweta Punarnava.

Grind them with Stanyam to pill mass and make pills of 2 grains.

Dose : 1 to 2 pills with honey.
Indications : Madam, Murcha, Thrishna, complications in Sannipata Jwaram.

127. Swasananda Vati.

Hingulam	1 part each.
Vatsanabhi	
Haritha Karpooram ..	

Grind well with Thriphala Kashayam and make 2-grain pills.

Dose : 1 pill with honey or jeeraka Kashayam.
Indications : Kasam, Swasam.

128. Thalisadi Vatakam.

Take fine powder of :

Thalisa Pathram	1 palam each.
Chavyam	
Maricham	
Pippali	2 palams each.
Pippalimulam	
Sunthi	3 palams.

128. Thalisadi Vatakam—*cont.*

1 tola each of :

Lavangatwak.	Nagakesaram.
Ela.	Useeram.
Patram.	

Gudam .. .. .. 45 tolas.

Prepare panakam with Gudam, add the powders and prepare 20-grain pills.

Dose: One pill with Yoosham, Rasam, Dadhimasthu or water.

Indications: Chardi, Grahani, Gulmam, Parswasoolam Pandu, Arsas, Swasam and Kasam.

In certain cases where the medicine is used in constipated bowels Harithaki Choornam is added in the place of Sunthi.

129. Yogaraja Guggulu.

Take fine powders 1 tola each of :

Chitra mulam.	Dhanyakam.
Pippalimulam.	Haritaki.
Ajamoda.	Vibhitaki.
Krishnajeeraka.	Amalaki.
Vidangam.	Mustha.
Yavani.	Pippali.
Jeerakam.	Maricham.
Devadaru.	Sunthi.
Chavyam.	Twak.
Ela.	Useeram.
Saindhavam.	Yavagrajam.
Kushtam.	Talisapatram.
Rasna.	Patram.
Gokshuram.	

Add Sodhita Guggulu 27 tolas.

Grind with ghee to form a soft mass.

Dose: 5 to 10 grains with water.

Indications: Amavatha, sandhigatavatha, Asthigatavatham, Dushtavrana, etc.

SECTION VI.

KWATHA—KASHAYA.

The drugs are dried and powdered coarsely. One part of the drug is put in a mud vessel and sixteen parts of water are added. It is boiled down by moderate fire to obtain two parts of Kashaya. It is filtered and taken while it is warm. In the Kashaya according to the indication, sugar, honey ghee or oil may be added before drinking. This can also be used as anupana for various medicines.

130. Bharngyadi Kwatha.

Take equal parts of:

Bharngi.
Mustha.
Parpatakam.
Dhanyaka.
Duralabha.
Sunthi.
Bhoonimba.
Kushta.
Pippali.
Brihati.
Amritha.

Make coarse powder and prepare kashayam.

Dose: 2 oz. 2 or 3 times. May also be given as anupanam.
Indications: Vathakapha Jwaram and Vishamajwaram.

131. Chinnaruhadi Kwatha.

Take of:

Guduchi	1 part each.
Vasamula	
Kiratathiktha	
Parpataka	
Sunthi	2 parts each.
Musta	3 parts each.
Dusparsa	3 parts each.

131. Chinnaruhadi Kwatha—*cont.*

Make coarse powder. Prepare Kashayam according to the general principle.

Dose: 1 to 2 oz. Thrice daily. May be used as anupanam.
Indications: Sannipathajwaram.

132. Dasmula Katutrayadi Kwatha.

Take 1 part each of:

Dasamula (separately). Sunthi.
Pippali. Vasa Mula.
Marciham.

Make coarse powder. Prepare Kashaya and add honey one teaspoonful at the time of administration of the Kashaya.

Dose: 1 to 2 oz thrice daily.
Indications: Swasa, Kasa, Parswasoola. Can also be used as anupana to other medicines in diseases when vatha and kapha are vitiated.

133. Dasamula Kwatha.

Take equal parts of:

Bilwa mulam.
Kasmri mulam.
Tharkari mulam.
Patala mulam.
Tunthuka mulam.
Brihati mulam.
Kantakari mulam.
Saliparni mulam.
Prisniparni mulam.
Gokshura mulam.

Make coarse powder and prepare Kashaya.

Dose: 2 oz. may be used as anupanam to other medicines.
Indications: Vatarogams, and Kapharogams.

134. Gandharwahastadi Kwatha.

Take equal parts of:

Erandamula.	Haritaki.
Chirivilwam.	Punaranava.
Chitramula.	Dusparsa.
Sunthi.	Musali.

Make coarse powder. Prepare Kashayam.

Dose: 1 to 2 oz. with saindhavam and gudam.
Indications: Agnimandyam, Malabandham, Amavata, etc. Can be used as anupanam to other vatahara medicines.

135. Maha Rasnadi Kwatha.

Take 1 part each of:

Rasna.	Sathavari.
Erandamula.	Vasamula.
Balamula.	Guduchi.
Sahacharamula.	Durparsa.
Athivisha.	Kokilaksha.
Mustha.	Kachora.
Devadaru.	Sunthi.
Dasamula.	

Make coarse powder. Prepare Kashayam when required.

Dose: 1 to 2 oz. with honey and Saindhavam.
Indications: Amavata, Urushtambha and other vata diseases.

136. Manjishtadi Kwatha.

Manjishta.	Vacha.
Haritaki.	Daruharidra.
Vibhitaki.	Guduchi.
Amalaki.	Nimbatwak.
Katukarohini.	

136. Manjishtadi Kwatha—*cont.*

Prepare Kashaya in the usual way.

Dose : 2 to 4 oz.

Indications : Kushtam, Vatharaktham, all Twakrogas caused by Raktha Dosham.

137. Moothrasangrahana Kwatha.

Take equal parts of :

Jambu twak.	Udumbara twak.
Amra twak.	Aswatha twak.
Plaksha twak.	Bhallathaka.
Vata twak.	Asmanthaka.
Sirisha.	Somavalka.

Make coarse powder and prepare Kashayam in the usual way.

Dose : 2 oz. 2 or 3 times.

Indications : Prameha.

138. Mootravirechaneeya Kwatha.

Take equal parts of :

Vrikshadani.	Darbha.
Swadamshtra.	Kusa.
Vasukam.	Kasa.
Usiram.	Gundra.
Pashanabhedi.	Itkata mula.

Make coarse powder. Prepare Kashaya in the usual way.

Dose : 2 oz. as many times as required.

Indications : Mootra Krichram. Moothraghatam.

139. Nimbadi Kwatha.

Take equal parts of :

Nimbatwak.	Haritaki.
Guduchi.	Vibhitaki.
Sunthi.	Amalaki.
Haridra.	Patola.
Vasamula.	Brihati.

Make coarse powder. Prepare Kashaya.

Dose : 1 to 2 oz. with honey and 5 grs.of gugguh twice daily.

Indications : Skin diseases,

140. Panchathiktha Kwatha.

Take equal parts of :

Nimbatwak.	Patola.
Amruta.	Kantakari.
Vasamulam.	

Prepare Kashaya in the usual way.

Dose : 2 oz.

Indications : Jwaram, Twakrogam, Pittarogam.

141. Rasnadi Kwatha.

Take equal parts :

Rasna.	Amrita.
Erandamula.	Devadaru.
Bala.	Ativisha.
Sahachara.	Musta.
Satavari.	Kokilaksha.
Dusparsa.	Kachoram
Vasa.	Sunthi.

141. Rasnadi Kwatha—*cont.*

Make coarse powder. Prepare Kashaya.

Dose: 1 to 2 oz. with ghee or gingelly oil one teaspoonful full.

Indications: Amavata, Vatha diseases, Thrikagraha can also be used as anupana to other medicines in vata diseases.

142. Shadanga Kwatha.

Take equal parts of:

Musta.	Hriberam.
Chandanam.	Parpataka.
Sunthi.	Useeram.

Make coarse powder. Prepare seetha kashayam or ushna kashayam according to the condition.

Dose: 1 to 2 oz.

Indications: Jwaram, Thirst in jwaram. Can be used as anupana and as paneeya in vitiation of pitta.

143. Sthanya Janaka Kwatha.

Take aqual parts of:

Virana.	Darbha.
Sali.	Kusa.
Shastika.	Kasa.
Ikshu.	Gundra.
Palika.	Itkataka.

Make coarse powder. Prepare Kashayam in the usual way.

Dose: 2 oz. Two or three times a day.

Indications: Sthanya Vardhaka, in Prasoothitka can be given as a general rule.

144. Sthanya Sodhana Kwatha.

Take equal parts of:

Trayamana.
Amruta.
Nimba.
Patola.
Haritaki.
Vibhitaki.
Amalaki.

Make coarse powder and prepare Kashaya in the usual way.

Dose: 2 oz. two or three times.
Indications: Purifies breast milk.

145. Thriphaladi Kwatha.

Take equal parts of:

Haritaki.
Vibhitaki.
Amalaki.
Nisa.
Darunisa.
Jambutwak.
Talapotaka Pushpa.

Make coarse powder. Prepare Kashaya according to general rule.

Dose: 1 to 2 oz.
Indications: Used as anupanam in Prameha.

SECTION VII.

LEHYAM.

Lehyam is a preparation of semi-solid consistency prepared with the medium of sugar or jaggery. The sugar is dissolved in water or Kashayam as the case may be and allowed to boil. When the Pakam (Phanitham) becomes thready when pressed between two fingers (Thanthumath) or when put in water sinks down, or when pressed with fingers impressions are formed, then other powders are added in small quantities and stirred well so as to mix uniformly. The vessel is kept down, ghee is added if mentioned and when the heat has subsided to some extent, honey is added and mixed well. It can be preserved for a year without loosing its potency.

146. Agasthya Rasayanam.

Prepare Kashaya with 2 palams each of:

Dasamulam.	Apamargam.
Athmaguptha.	Pippalimulam.
Sankhapushpa.	Chitramulam.
Kachoram.	Bharngi.
Balamulam.	Pushkaaramulam.
Gajapippali.	

Yavam	8 lb.
Haritaki	101 Nos.
Water	40 lb.

Filter the kashaya when the yavam becomes Swinnam (well boiled). Add to the Kashaya

Boiled Haritaki ..	101 Nos.*
Gudam	100 palams.

146. Agasthya Rasayanam—*cont.*

Prepare lehyam and add

Pippali Churnam	..	½ lb.
Ghritham ..	..	½ ,,
Tila Taila ..	..	½ ,,

When cool add honey ½ lb., mix well.

* The Haritaki is boiled in the above Kashaya, the seeds removed and the outer skin is well dried. It is powdered and added when pakam comes. This is another method.

Dose: 1 to 2 Haritaki with a spoonful of lehyam or ½ a tola twice a day.

Indications: Kasam, Swasam, Kshayam, Hidhma, Gulmam, Grahani, Balakshayam.

147. Amritha Bhallathakam.

Take dry ripe fruits of Bhallathaka 8 lb. Mix it with Ishtika Churnam (brick powder), put in a gunny bag and beat well. Wash out the brick powder with water and dry the fruits in shade. Separate the cotylydons and boil in 32 lb. of water and reduce to 8 lb. Take the fruits and boil them again in 8 lb. of milk and reduce to 2 lb. Allow it to cool, smash into a pulp and fry in 2 lb. of ghee and add 4 lb. of sugar and stir well. Remove from fire and preserve in a suitable vessel for seven days before use.

Add the following powders, 1 tola each :—

Triphala.	Vamsalochana.
Trikatu.	Khadhira.
Karpura.	Guduchi.
Jatamamsi.	Chandanam.
Trivrith.	Ela.

147. **Amritha Bhallathakam**—*cont.*

Pippali.
Lavangam.
Mustha.
Takkolam.
Musali (small and big).
Salmali niryasam.
Jeerakam.
Vidari.
Jatheephalam.
Jathipatri.
Natham.
Kuberakshibeejam.
Agaru.
Meda.
Mahameda.
Loha bhasma.
Rajatha bhasma.
Vanga bhasma.
Abhraka bhasma.
Kunkumam.
Yavani.
Ajamodam.
Akarakarabha.
Lankesam.
Gajapippali.
Samudraphena.
Talisapatram.

Dose: $\frac{1}{2}$ to 1 tola.
Indications: Kushtam, Amavata, Madhumeha.

148. **Ardrakhandava Lehyam.**

Ardrakam 16 palams. Cut it into small pieces and fry in 8 palams of ghee and powder. Prepare pakam with—

Sugar	.. ..	16 palams and add.
Maricham	..	1 palam.
Pippali	.. ..	2 tolas each.
Pippalimulam	..	2 tolas each.
Sunthi	..	2 tolas each.
Jathiphalam	..	$1\frac{1}{4}$ tolas each.
Ela	.. ..	$1\frac{1}{4}$ tolas each.
Chitramulam	..	$1\frac{1}{4}$ tolas each.
Vamsalochana and Ardrakam powder.		$1\frac{1}{4}$ tolas each.

Dose: $\frac{1}{4}$ to 1 tola.
Indications: Ajeernam, Agnimandyam, Amlapitta, Aruchi.

149. Ardraka Rasayanam.

Ardraka .. .. .. 3 lb.
Pound and extract the swarasa.
Add to the Swarasam
Gudam .. .. .. 6 lb.
Boil to Lehyapakam
And add the powder 2 tolas each of:

Lavanga Twak.
Ela.
Patram.
Nagakesaram.
Maricham.
Pippali.
Hribera.
Lavangam.
Mustha.
Dhanyakam.
Sunthi.

Mix well and add ghritham. $\frac{3}{4}$ lb.
When cooled add honey .. $\frac{1}{2}$ lb.

Dose: $\frac{1}{2}$ to 1 tola.
Indications: Agnimandyam, Ajeernam, Pandu, Chardi, etc.

150. Aswagandhadi Lehyam.

Sugar .. .. 3 lb.
Prepare lehya pakam with water.
Add—

Aswagandha choornam ..	16 tolas each.
Sariba choornam	
Jeeraka choornam ..	
Madhusnuhi choornam ..	
Draksha	

Add ghee .. .. .. $\frac{1}{2}$ lb.
Mix well and allow to cool.
Add honey .. .. .. 1 lb.
Ela Churna .. .. .. 2 tolas
Mix well.

Dose: $\frac{1}{2}$ to 1 tola twice a day with milk.
Indications: Used as Rasayanam, Balyam, Vajeekaram, etc.

151. Bilwadi Lehyam.

Bilwa Moolam	.. ..	32 palams.
Water	.. .. ..	16 lb.

Boil and reduce to 4 lb.

Dissolve Gudam 16 palams in the Kashaya and boil to consistency of lehyam.

Add the fine powder 1 tola each of:

Mustha.	Nagakesaram.
Dhanyakam.	Sunthi.
Jeerakam.	Pippali.
Ela.	Maricham.
Lavanga Twak.	

Mix and prepare Lehyam.

Dose: ½ to 1 tola.

Indications: Chardi, Arochakam, Agnimandyam, etc.

152. Chinchadi Lehyam.

Prepare Kashaya of jeerna Chincha phalam. 1 palam.*

And add Jeerna gudam .. 5 palams.[1]

Boil to proper consistency and add the fine powder of the following and mix well :—

Mandura Bhasma ..	10 palams.
Bilvamulam	2 ,,
Vidangam	2 ,,
Chinoshanam	½ palam each.
Pippali	½ palam each.
Maricham	½ palam each.
Sunthi	½ palam each.
Haritaki	½ palam each.
Vibhitaki	½ palam each.
Amalaki	½ palam each.
Jeerakam	½ palam each.
Krishna jeerakam	½ palam each.

*Another method is prepare pakam with gudam and add soft tamarind pulp.

152. Chinchadi Lehyam—*cont.*

Twak	..	½ palam each.
Ela	..	
Patram	..	
Yashtimadhu	..	
Rasna	..	
Jathiphalam	..	
Jathipatri	..	

Dose: ¼ to 1 tola with honey or buttermilk.
Indications: Pandu, Kamila, used a Deepani Pachani.

153. Chyavanaprashava Lehyam.

Prepare Kashaya 1 palam each of:

Bilwamulam.
Agnimantham.
Syonakam.
Kasmari.
Patala.
Balamulam.
Mudgaparni.
Mashaparni.
Saliparni.
Prisniparni.
Pippali.
Swadamshtra.
Brihati.
Kantakari.
Karkataka Sringi.
Bhoodhatri.
Draksha,
Jiwanthi.
Pushkaramulam.
Agaru.
Haritaki.
Guduchi.
Riddhi.
Jivakam.
Rishabhakam.
Kachoram.
Mustha
Punarnava.
Meda
Ela.
Utpalam.
Chandanam.
Vidarikandam.
Vasamulam.
Kakoli.
Kakanasa.

Amalaki green 500 numbers bundled in a piece of cloth.

Water	..	32 lb.
Boil and reduce to	..	8 ,,

153. Chyavanaprashavalehyam—*cont.*

Take the amalaki separately, remove the seeds and fibres by straining it through a fine seive and fry the pulp in a mixture of oil and ghee 6 palams each till the moisture is removed.

Take the kashaya, filter and add 50 palams of sugarcandy, and boil to lehya pakam. Add the fried amalaki and add the powder of :

Thugaksheeri	.. ..	4 palams.
Pippali	.. .. ..	2 ,,
Twak	.. .. ..	1 palam each.
Ela ..	.. .. ..	
Patram	.. .. ..	
Nagakesaram	.. ..	

When cool add honey 6 palams and mix well.

Dose: ½ to 1 tola.

Indications: Kasam, Swasam, Kshayam, etc., used as Rasayanam, Brahmanam, and Vajikaram.

154. Gudapippali.

Take fine powders of :

Vidangam	.. .. ..	1 part each.
Pippali	.. .. ..	
Maricham	.. .. ..	
Sunthi	.. .. ..	
Kushtam	.. .. ..	
Hingu	.. .. ..	
Saindhavam	.. ..	
Sowarchalavanam	..	
Bidalavanam	.. ..	
Samudra lavanam..	..	
Oudbhidalavanam	..	
Yavaksharam	.. ..	

154. **Gudapippali**—*cont.*

Take fine powders of:

Sarja Ksharam	.. ..	1 part each.
Tankanam ..	.. ..	
Samudraphenam	.. ..	
Chitramulam	.. ..	
Hareethaki	.. ..	
Krishnajeerakam	.. ..	
Thalapushpa Ksharam	..	
Kushmandanadi Ksharam.		
Apamarga Ksharam	..	
Chincha Ksharam	..	
Pippali Churna	.. ..	22 parts.
Purana Gudam	.. ..	88 ,,

Mix both the powders and gudam in a mortar with a pestle.

Dose: $\frac{1}{2}$ to 1 tola with warm water.

Indications: Pleehavriddhi, Gulmam, Udaram, Jeerna-jwaram, Kasam.

155. Hinguthriguna Lehyam.

This is the Kalkam taken in mrudupaka of Hingutriguna Tailam.

Dose: $\frac{1}{4}$ to $\frac{1}{2}$ tola with warm water.

Indications: Gulmam, Soolam and Malabandham.

156. Kushmanda Lehyam.

Fine scrapings of Kushmanda devoid of skin and seeds .. 100 palams.

Boil and extract the juice. Grind the pulp and make paste. Fry the paste in 2 lb. of ghee till it becomes brown and devoid of moisture.

156. Kushmanda Lehyam—*cont.*

Add 100 palams of sugarcandy to the juice of Kushmanda and boil to lehya paka. Add the fried paste of Kushmanda and the fine powder of:

Pippali	2 palams each.
Sunthi	
Jeeraka	
Twak	½ palam each.
Ela	
Patram	
Dhanyakam	
Maricham	

Mix well; when cool, add 1 lb. of honey and mix.

Dose: ½ to 1 tola.

Indications: Rakthapitham, Kasam, Swasam, Balakshayam.

157. Kutaja Phanitham.

Prepare Kashaya of:

Kutaja Twak	100 palams.
Water	32 lb.

Boil and reduce to 8 lb.

Filter and add gudam 30 palams.

Boil to consistency and add the fine powders 1 palam each of:

Rasanjanam.	Bala.
Pippali.	Dadimatwak.
Maricham.	Bilwaphalam (Tender).
Sunthi.	Mustha.
Lodhra.	Manjishta.
Mocharasam.	Dhataki, Jathiphalam.

157. Kutaja Phanitham—*cont.*

Kutaja Twak 10 palams.

Mix well and add ghee 20 palams.

Keep the lehyam in a pot, bury in paddy heap for fifteen days before using.

Dose: ½ to 1 tola.

Indications: Arsas, Grahani, Gulmam, Athisaram, Pravahika.

158. Madhusnuhi Rasayanam.

Sugar .. .. .. 24 palams.

Add small quantity of water and boil to Lehyapakam.

Add fine powder 1 tola each of:

Haritaki	Vana jeerakam.
Vibhitaki	Bharngi
Amalaki	Chavyam
Twak	Trivrith.
Ela	Dhanyakam
Patram	Jeeraka
Pippali	Krishnajeeraka
Maricham	Kushtam
Sunthi	Chitramulam
Jathiphalam	Tejovathi
Jathipatri	Pippalimulam
Lavangam	Aswagandha
Vidangam	Nagakesaram

Add also 8 palams each of the following: purified sulphur, Guggulu and powdered Madhusnuhi.

158. Madhusnuhi Rasayanam—*cont.*

Add ghee 24 palams, allow to cool and add honey 2 lb.

Dose : ¼ to 1 tola with warm milk or water.

Indications : Kushtam, Prameha Arochakam, Raktha dosha.

159. Manibhadra Lehyam.

Take Gudam .. .. 12 palams.

Add water and boil to pakam and add the fine powders of :

Vidangam	..	..	1 palam each.
Amalaki	..	..	
Haritaki	..	..	
Thrivrith	..	..	3 palams

Stir well and make lehyam.

Dose : ½ to 1 tola a day with water.

Indications : Kushtam, krimi, switra, udaram, arsas, acts as mild laxative.

160. Pippalyadi Rasayanam.

Take :

Pippali	..	..	..	16 palams.
Sitha	..	..	..	8 ,,
Vidanga	..	..	..	4 ,,
Sunthi	..	..	..	4 ,,
Bharngi	..	..	..	4 ,,
Jeerakam	..	..	..	4 ,,
Maricham	..	..	..	4 ,,
Pippalimulam		..	..	2 ,,
Chavyam	..	..	..	4 ,,

160. Pippalyadi Rasayanam—*cont.*

Take:

Chithrakam	.. ..	2 palams.
Loham (bhasma) ..	..	2 ,,
Bringarajachoornam	..	2 ,,
Thrijatham (each)..	..	2 ,,
Thriphala ..	.. ..	2 ,,
Jathiphalam	.. ..	2 ,,
Thakkolam..	.. ..	2 ,,

Make fine powder and mix with 4 lb. of honey and keep in Dhanyaputam for fifteen days and use.

Dose: ½ to 1 tola.

Indications: Kasam, Swasam, Sopham Chardi, Gulmam, Pandu, Arochaka.

161. Sathavari Gudam.

Sathavari Swarasam .. 8 lb.

Ikshu Swarasam 8 lb. (when not available, 2 lb. of jaggery may be added).

Boil and add the fine powder 2 tolas each of:

Yashtimadhu	Pathram
Useeram	Jeerakam
Chandanam	Dhanyakam
Madhukapushpa	Pippali
Syonakam	Amalaki
Lavangatwak	Kushtam
Ela	Padmakam

Boil to lehyapakam and add Gomutra Silajatu 2 lb.

Dose: ¼ to 1 tola.

Indications: Moothrakrichram, Prameham, Rakthapittam.

162. Sowbhagya Sunthi.

Sunthi churna	.. ..	8 palams.
Ghee	.. .. ..	8 ,,
Milk	.. .. ..	8 lb.
Sugar	.. .. ..	30 palams.

Boil sunthi in milk till the milk evaporates.

Fry the resulting mass in ghee. Prepare syrup with sugar and add the mass.

Boil to pakam and add the powder 2 tolas each of :

Kaseru	Patram
Singatam	Varangam
Varatam	Kachoram
Mustha	Dhataki
Jeerakam	Ela
Krishnajeerakam	Sathapushpa
Jathiphalam	Dhanyakam
Jathipathri	Gajapippali
Lavangam	Pippali
Sailyam	Maricham
Nagakesaram	Sathavari

Loha bhasma } 1 palam each.
Abhraka bhasma }

Dose : ½ to 1 tola.

Indications : Soothikaroga, sthanyanasam, may be given as a routine in puerperium.

163. Vasakantakari Lehyam.

Vasa Samoolam } 100 palams each.
Kantakari Samoolam }

Water .. .. .. 256 lb.

Boil and reduce to 64 lb.

Filter and add gudam, 80 palams.

163. **Vasakantakari Lehyam**—*cont.*

Boil and when the lehyapaka is noticed, add fine powder 1 palam each of:

Pippali
Maricham
Sunthi
Rasna
Amrutha
Chithrakam
Karkatasringi
Bharngi
Mustha
Pippalimoolam
Dhanwayasakam

Mix gritham 8 palams while hot.

Allow to cool and add fine powders 8 palams each of:

Pippali
Vamsalochanam

Mix and stir well.

Dose : $\frac{1}{2}$ to 1 tola, twice a day.

Indications : Kasam, Swasam and Kshayam.

SECTION VIII.

LEPAM.

164. Avalgujadi Lepam.

Avalguja	.. ..	1 part each.
Tuvaraka	.. ..	
Aragwadhapatra	..	
Nisa ..	.. ..	½ each.
Talakam	.. ..	

Make fine powder. Apply externally mixed with gomutra or water.

Indications : Switra and other charmarogas.

165. Chandrakala Lepam.

1 Madhuchishtam	..	1 palam.
2 Menthol	.. ..	½ ,,
3 Karpooram ..	..	1 ,,
4 Lemon Grass oil	..	⅛ oz.
5 Narikela Tailam	..	4 palams.

Melt 1 in 5 and allow it to cool. Mix well the rest. For external use only.

Indications : Sirasthoda (headache), Amavatasoola (rhuematic pain), etc.

166. Hingula Lepam.

1 Hingulam	.. ..	1 tola.
2 Butter	.. ..	20 tolas.

Powder 1 and mix with 2.

External use only.

Indications : Skin diseases, Kandu, Dadru, etc.

167. Lakshadyasava.

1 Laksha	.. ..	3 tolas each.
2 Rakta Bolam	..	
3 Bolam	.. ..	
4 Karpoora Haridra.		
5 Salmali Niryasam	..	
6 Musambaram	..	12 tolas.
7 Gandha Pheroja	..	9 ,,
8 Methylated Spirit	..	2½ lb.

Powder 1 to 6 and mix with 7. Put the resulting mass in a widemouthed jar or bottle (glass stopper bottle), add 8 and close the lid tightly. Keep for a month and decant the spirit.

Indications: Sadyovrana. (Used as an antiseptic in wounds, and ulcers and to reduce inflammations.)

168. Marma Gutika (Laghu).

Take 20 tolas each of:

I. Amalaki Satwam.
Sathavari Satwam.
Guduchi Satwam.
Mustha Satwam.
Musali Satwam.
Vanakanda Satwam (Kattu Kizhangu Malayalam).
Kuruvi Kanda Satwam. (Kuruvikkizhangu Malayalam).
Thugaksheeri.
Rakthachandanam.
Yashtimadhu.

168. Marma Gutika (Laghu)—*cont.*

Take 5 tolas each of:
II. Kannaram (Malayalam)
Gomuthra Silajat.

Make fine powders of I and II and mix and grind in the Kashayam of A, B and C separately.

Prepare Kashaya with 20 tolas each of:
A. Chatuksheeri Mulam.
Doorva
Pashanabhedi mulam
Thrinapancha mulam
Prasarini (mulam)
B. Hriberam
Usiram
Gokshuram
Kataka bijam
C. Masham
Mudgam

Make large pills. For external use rubbed into a paste with breast milk, butter, ghee or tender coconut water according to the condition.

Indications: Vrana Sopha, Sadyo-Vrana. This is used in many inflammatory conditions.

169. Marma Gutika (Brihat).

Take 20 tolas each of:
Vidari Satwam
Jiwanthi Satwam
Satavari Satwam
Mustha Satwam
Varahi Satwam
Thugaksheeri.
Kuruvikanda Satwam
Kuruvikkizhangu (Malayalam)
Amalaki Satwam
Sariba Satwam
Guduchi Satwam
Doorva Satwam

169. Marma Gutika (Brihat)—*cont.*

Mix with the fine powder 20 tolas each of:

Yashtimadhu
Chandanam
Rakthachandanam

Take $2\frac{1}{4}$ tolas each of:

Sahasravedhi.
Kannaram (Malayalam).
Gomuthrasilajat.
Palmirvari (Malayalam).
Garuda Pacha (Malayalam).

Mix well and grind with the Kashayam of A, B and C separately.

Take 10 tolas each and prepare Kashayam of:

A. Prasarini.
Kozhuppa (Mal.).
Matsyakshi.
Doorva Mula.
Chatuksheeri Mulam.
Kataka Bijam.
Gokshuram.
Hrebeeram.
Useeram.

Take 10 tolas each and prepare Kashaya of:

B. Chatuksheeri Twak.
Lodhra Twak.
Kshudrajambu Twak (Nara. Mal.).
Pullani Samoolam, (Mal.).
Pezhu Twak (Mal.).
Kariukara Twak. (Mal.).
Daruharidra.
Pashanabhedi Mulam.

169. Marma Gutika (Brihat)—*cont.*

Take 40 tolas each prepare Kashayam of:

C. Masham
Mudgam
Ela

Grind well in the above Kashaya and make pills of the size of Amalaki. Used externally, with butter, breast milk or ghee.

Indications: Marmabhighatam. Apachi, Ganda-maia and Granthi. (Reduces pain and removes inflammation.)

170. Rasakarpoora Lepam.

1	Sindoora	2 tolas.
2	Rasa Karpoora ..	1 tola.
3	Mridara Singam ..	2 tolas.
4	Maduchishtam ..	10 tolas.
5	Narikela Tailam ..	1 lb.

Melt 4 in 5, filter and allow to cool down. Mix the other powders adding little by little.

For external use only.

Indications: Dushta Vrana, Phiranga Vrana, etc.

171. Rasnadi Lepam.

Rasna .. .. .. Quantity sufficient.

Rub on a stone with water and make a paste. Always prepare fresh.
Throat paint.

Indications: Gala Sunti, Swarabhanga (Tonsillitis and affections of throat).

172. Rasothamadi Lepam.

1	Madhuchishtam ..	1½ lb.
2	Narikela tailam ..	6 lb.

3 Rasothamadi Lepa Churnam. * .. ½ lb.

Melt 1 in 2, filter and allow to cool down.

Add 3 and mix well.

* Rasothamadi Lepa Churna.

Take equal parts of:

1 Rasam.
2 Gandhaka.
3 Girisindoora.
4 Jeeraka.
5 Krishnajeeraka.
6 Maricha.
7 Haridra.
8 Daruharidhra.
9 Manassila.

Prepare Kajjali of 1 and 2 and add the fine powder of the rest. Mix all the powders and grind in a khalvam till the powders become black.

For external use only.

Indications: Pama, Kandu, Vicharchika, etc. (Skin diseases and eczematous conditions.)

* Rasothamadi Lepa churna can be applied externally mixed with ghee or coconut oil in chronic conditions where the thickness of the skin is to be removed.

173. Sadyovranahara Lepam.

Sarjarasa Churnam .. 1 palam.

Ghee .. .. .. 1 lb.

Melt the ghee and the powder. When the powder is completely dissolved, pour it in cold water. When cool, churn well and remove the water. Again pour fresh water and churn well. It becomes like butter. Repeat the

process 3 or 4 times till the product is butter white.

External use only.

Indications: Vrana Sopha, Sadyovrana, Daha, Dagdha-vrana.

174. Sathadhoutha Ghritham.

Chatuksheeri Kashaya	..	4 lb.
Ghritham	.. ..	1 lb.

Melt the ghee and pour in the kashaya. Churn and remove ghee, repeat the process 100 times with fresh kashaya each time.

External use only.

Indications: Vranasopha, Dagdha vrana, Daha, etc.

175. Sindooradi Lepam.

1	Sindoora	.. ..	8 tolas.
2	Rasa Sindoora	..	4 tolas each.
3	Rasa Karpoora	..	4 tolas each.
4	Mridara Sringam	..	8 tolas.
5	Madhuchishtam	..	40 tolas.
6	Narikela Taila	..	4 lb.

Melt 5 in 6, filter and allow to cool down, mix the rest, finely powdered.

Externally used.

Indications: Vicharchika Vipadika, Vrana, etc.

176. Suradaru Lepam.

Take equal parts of:

Devadaru.
Sunthi.
Navasaram.

176. Suradaru Lepam—*cont.*

Powder separately and mix.

For external use mixed with hot water or gomutra.

Indications : Vrana sopha, Slipada.

177. Tankana Dravakam.

Bharjita Tankanam	..	5 grs.
Distilled water	..	1 oz.

Dissolve and filter.

Externally used to wash.

Indications : Netrabheshyanda, Sadyovrana, etc.

178. Thutha Dravakam.

Thutham	..	..	3 grs.
Water ..	..	..	1 oz.

Dissolve and filter.

External use. An antiseptic for washing ulcers.

Indications : Dushta Vrana, Adhimamsa, etc.

179. Tuvaraka Lepam.

Pulp of Tuvaraka beeja.

Turvarka Thailam.

Grind to a paste adding tailam in small quantities.

For external use only.

Used with Gomutra or thakram.

Indications : Pama, Dadarukushta, etc.

SECTION IX.

NETRA ROGA PREPARATIONS.

180. Chandrodaya Varthi.

Take equal parts of:

Haritaki.	Vacha.
Kushtam.	Pippali.
Maricham.	Vibhitakimajja.
Sankhanabhi.	Manasila.

Grind well the above in Ajaksheeram and make sticks of 2 inches and dry. Rubbed with honey or breast milk in sandal stone and applied to the eyes in the morning.

Indications: Thimiram, Kacham, Adhimandham, Nakthandhyam.

181. Narikelanjanam.

Take 2 palams each of:

Daruharidra.
Haritaki.
Vibhitaki.
Amalaki.
Yashtimadhu, 3 palams.

Prepare kashayam in 18 lb. of tender coconut water and reduce to $2\frac{1}{2}$ lb. Filter and again boil to sandrapakam (till it becomes a paste). Add the following and grind for four hours in a khalvam :—

Himakarpooram ..	} 1 tola each.
Pitarohini Powder..	}
Saindhavam ..	$\frac{1}{2}$ tola.
Honey	5 oz.

Used as Anjanam.

Indications: Thimiram, Netra Abhishyandam Varthmarogas.

182. Netra Bindu.

Rose water	.. ..	16 parts.
Alum fried	.. ..	1 part.

Dissolve alum in rose water and preserve. Used as eye drops.

Indications : Netra-abhishyandam.

183. Siddha Nagarjuna Varthi.

Take equal parts of :

Haritaki.	Rasanjanam.
Vibhitaki.	Pundarikam.
Amalaki.	Vidangam.
Pippali.	Lodhra.
Maricham.	Thamra Rajas.
Sunthi.	Yashtimadhu.
Saindhavam.	Thutham.

Powder and grind with Antharikshambu (rain water) and make varthi. Rubbed with breast milk or honey and applied to the eyes.

Indications : Thimiram, Kacham and other eye diseases.

SECTION X.

PANAKAM.

184. Ardraka-Panakam.

Ardrakam	8 viss.
Sarkara	80 lb.

Extract the juice of Ardraka add sugar and boil to the consistency of syrup.

Dose : ¼ to ½ ounce with water.

Indications : Agnimandyam, Arochakam, Ajeernam.

185. Jambeeradi Panakam.

Jambeera Swarasam.	200 fruits (Extract).
Ardraka Swarasa ..	2 viss (extract).
Sugar	4 viss.

Boil to syrup consistency.

Dose : ¼ to ½ ounce with water.

Indications : Agnimandyam, Arochakam, Ajeernam, Bhrama.

186. Mathulunga Rasayana.

Take :

1 Mathulungaphala Rasa.	1 lb. each
2 Jambeeraphala Rasa	
3 Saindhava	4 tolas.
4 Ardraka Swarasam	¼ lb.
5 Sugar	3 ,,

Boil to syrup consistency.

Dose : 1 to 2 teaspoonsfull with water.

Indications : Pitta diseases, Chardi, Arochakam, Agnimandya, Praseka.

SECTION XI.

THAILAM.*

187. Amavathanthaka Thailam.

Kottamchukkadi (Malayalam).

Take :

Chinchapatraswarasa. 3 lb.
Gingelly oil .. .. 3 lb.
Dadhimasthu .. 3 lb.

Add the kalkam 1 palam each of:

Koshtam.	Karthotti (Mal.).
Sunthi.	Devadaru.
Vacha.	Sarshapam.
Sigrutwak.	Rasna.
Lasunam.	

Boil to Madhyamapakam and filter.

For external use only.

Indications: Vatha diseases in general and Amavatha in particular.

188. Anu Thailam.

Take equal quantity of:

Jivanthi.	Bilwamulam,
Hriberam.	Utpalam.
Devadaru.	Brihati.
Mustha.	Kantakari.
Lavangathwak.	Surabhi.
Usiram.	Saliparni.
Sariba.	Prisniparni.
Chandanam.	Vidangam.
Daruharidra.	Patram.
Yashtimadhu.	Ela.
Plavam.	Renukam.
Agaru.	Kinjilkam (Padma).
Satavari.	Balamulam.
Pundarikam.	Twak

* Please see under Ghrita for the process of preparing Taila.

188. **Anu Thailam**—*cont.*

Pound well and divide the quantity into ten parts and keep them separately. Out of them, take one part and add water 100 parts and prepare Kashayam.

To this quantity of Kashaya, add gingelly oil one-tenth, boil and filter.

Prepare Kashaya of the remaining nine parts one after the other and add the above oil, every time taking care to see that the Kashayam is added before the Thailam attains Pakam.

On the tenth time add the kalkam of all the above drugs one-fourth part of oil and Ajaksheeram equal to the quantity of Thailam and filter.

Indications: Used as Nasyam to prevent diseases of the nose, throat and head.

N.B.—Another method is to prepare the Kashayam with 100 parts of Divyambhas, divide the Kashaya into ten equal parts and add one part of the Kashaya, and when water evaporates adding another one-tenth and so on adding all the parts of the Kashaya. In the end add the kalkam and Ajaksheeram at the tenth time.

This method has the disadvantage of possible deterioration of the Kashaya if it is not properly preserved by boiling every day.

189. **Arimedadyam Thailam.**

Fresh Arimeda Twak ..	100 palams.
Water	32 lb.

Boil and reduce to 8 lb. Add thailam 4 lb.

Add Kalkam 1 tola each of:

Manjishta.	Arimedatwak.
Lodhra.	Khadiram.
Yashtimadhu.	Katphalam.

189. Arimedadyam Thailam—*cont.*

Add Kalkam 1 tola each of:

Laksha.
Nyagrodham.
Mustha.
Sukshmaela.
Karpooram.
Agaru.
Padmakam.
Lavangam.
Thakkolam.
Jathiphalam.
Pattangam.
Gairikam.
Varangam.
Nagakeseram.
Dhathaki.

Prepare Thailam.

External application and for gargle.

Indications: All Mukharogas, Danthaharsham, Krimi-Dantha and Chalana.

190. Asanavilwadi Thailam.

Prepare Kashaya of:

Asana	.. .. ..	$\frac{3}{4}$ lb. each.
Bilwamula	.. ..	
Balamula	.. ..	
Guduchi	.. ..	

Water 48 lb. Boil and reduce to 12 lb. Add gingelly oil 3 lb., milk 3 lb.

Add as Kalkam 3 tolas each of:

Yashtimadhu.
Sunthi.
Haritaki.
Amalaki.
Vibhithaki.

Boil to Kharapakam and filter.

For external use.

Indications: Vathahara oil for the head, diseases of the eyes, ears, and head in general.

190-A. Asana Eladi Thailam.

Prepare Kashaya of:

Asana	1 palam each.
Bilwamulam	
Balamulam	
Guduchi	
Yashtimadhu	
Sunthi	
Thriphala	
Water	16 lb.

Boil and reduce to 4 lb., filter.

Add gudam 1 lb.

Add Kalkam of:

Sookshmela	$\frac{1}{4}$ tola each.
Sthooelala	
Thurushka	
Kushta	
Priyangu	
Jatamamsi	
Hriberam	
Dhyamaka	
Sprikka	
Kachooram	
Lavangam	
Patram	
Thagaram	
Sthaneyam	
Jathiphalam	
Rasa (Narumpasa)	
Sukthi	
Vyaghranakham	
Devadaru	
Agaru	
Srivasakam	
Kunkumam	

190-A. Asana Eladi Thailam—*cont.*

Chandana	$\frac{1}{4}$ tola each.
Guggulu	
Khaparam	
Punnagam	
Nagakesaram	

Prepare Thailam.

External use only.

Indications : Twakrogas, Sirorogam.

191. Balaguduchyadi Thailam.

Prepare Kashaya of :

Balamula	4 lb. all put together.
Gudachi	
Devadaru	

Water 64 lb. Boil and reduce to 16 lb.

Add gingelly oil 4 lb.

Add the Kalkam 1 palam each of :

Jatamamsi.	Tagaram.
Kushtam.	Aswagandha.
Chandanam.	Saralam.
Kundurushka.	Rasna.

Boil to Kharapakam and filter.

For external use.

Indications : All varieties of vata rogas.

192. Balahatadi Thailam.

Prepare Kashaya of :

(A) Balamula .. } 1 lb. each.
Guduchi .. }
Water 32 lb. Boil and reduce to 6 lb.
Amalaki Swarasam $\frac{1}{2}$ lb.

192. Balahatadi Thailam—*cont.*

(B) Mudgam—4 palams. Masham—4 palams. } Prepare Kashaya separately.

Mix (A) and (B) and add gingelly oil 2 lb.

Add as Kalkam:

Chandanam .. .. }
Kushtam .. .. } 2 tolas each.
Yashtimadhu .. }

Boil to Kharapakam and filter.

Indications: Vathahara thailam for the head. Sirasthodam and other diseases of the head.

193. Balaswagandhadi Thailam.

Prepare Kashaya of:

(I) Balamula .. } 6 palams each.
Aswagandha .. }
Water 24 lb.
Boil and reduce to 6 lb. and filter.

(II) Kashaya of:
Laksha .. .. 6 palams—2 lb.

Add I and II and mix with gingelly oil 2 lb.
Dadhimasthu .. 8 lb.

Add Kalkam 1 tola each of:

Rasna.	Musta.
Chandana.	Kushta.
Manjishta.	Agaru.
Doorva.	Davadaru.
Yashtimadhu.	Haridra.
Kachora.	Kumuda.
Sariba.	Renukam.
Useera.	Padmakesara.

Boil and reduce to Madhyamapakam and filter.

193. Balaswagandhadi Thailam—*cont.*

For external use as Bramhana Thailam.

Indications: Vatha diseases—Unmada, Kshayam, etc.

N.B.—Prepare Laksha Kashaya separately and add to the rest. Laksha may be boiled in sufficient quantity of water to make Laksha Kashaya, or it may be bundled in a cloth and put in Dolayantra in water and boiled.

194. Bhringamalaka Thailam.

Take 2 lb. each:

Bhringaraja Swarasa.
Amlaki Swarasa.

Add gingelly oil .. 2 lb.
Milk .. .. .. 8 ,,

Add the Kalkam of
Yashtimadhu .. 1 palam.

Boil to Kharapakam and filter.

For external use.

Indications: Siroroga, Bhrama, Palitham, Khalitham, etc.

195. Bhunaga Thailam.

Sahacharamulam .. 1 lb.
Bhunagam (washed) .. 2 ,,
Water 32 lb. Boil to 4 lb.

Bhunagam should be bundled up and put along with Sahacharam while preparing Kashayam.

Thila thailam .. .. 1 lb.
Kalakam ¼ lb. each of:
Sahacharamulam ..
Bhunagam (purified).

Prepare Thailam. External use and for Nasyam.

Indications: Apasmara, Bhutonmada, Kaphajwara, etc.

196. Brahmadandi Thailam.

Take swarasam of 4 viss each :

Brahmadandi.	Kumari.
Bhoodhatri.	Brahmi.

Add Eranda Thailam $12\frac{1}{2}$ lb.
Prepare Thailam.

Dose : $\frac{1}{2}$ to 1 oz. with hot water or milk, used as purgative.

Indications : Pooyameham, Kushtam, Dadru, Vicharchika, etc.

197. Chandanadi Thailam.

Take $\frac{1}{4}$ tola each of :

Chandanam.	Lavangatwak.
Rakthachandanam.	Patram.
Pattangam.	Nagakesaram.
Kaliyam.	Valakam.
Agaru.	Useeram.
Krishnagaru.	Daru, Mamsi.
Devadaru.	Mura, Nisa.
Saralam.	Himakarpooram.
Padmakam.	Saileyam.
Thrnikam.	Bhadramustha.
Simhaka.	Renukam.
Kunkumakesaram.	Priyangu.
Jathiphalam.	Srivasakam.
Jathipatri.	Guggulu.
Lavangam.	Laksha.
Sookshmela.	Nakham.
Sthulela.	Sarjarasam.
Takkolam.	Dhathakipushpam.
Lankesam.	

Prepare Kalkam.

197. **Chandanadi Thailam**—*cont.*

Add Thailam 2 lb. and water 2 lb.
Boil to Pakam on mild fire.

Indication ; Used as a cooling oil for the head.

Note.—All Sugandha drugs like Karpooram and Kunkuma-Kesaram are to be added as Pathrapaka while filtering—Powdered and put in the vessel where the oil is filtered.

198. Dhanvanthara Thailam.

Prepare Kashaya of :

Balamoolam	30 palams. Prepare Kashaya separately.
Dasamoolam	7½ palams each. Prepare Kashaya separately.
Yavam	
Kolam	
Kulatham	

Filter and add :

Thailam	2 lb.
Milk	12 ,,

Add Kalkam ½ a tola each of :

Meda.
Mahameda.
Devadaru.
Manjishta.
Kakoli.
Ksheerakakoli.
Chandanam.
Sariba.
Kushta.
Thagaram.
Jivakam.
Rishabhakam.
Saindhavam.
Kalanusari.
Silajat.
Vacha.
Agaru.
Punarnava.
Aswagandha.
Sathavari.
Ksheerasukla. (Vidari).
Yashtimadhu.

198. **Dhanvanthara Thailam**—*cont.*

Add Kalkam ½ a tola each of :

Harithaki.	Mudgaparni.
Vibhithaki.	Mashaparni.
Amalaki.	Ela.
Rasam (Sarjarasa).	Twak.
Sathapushpa.	Patram.

Prepare Thailam.

External use, Nasyam and Vasthi.

Indications: All varieties of Vatharogas and Suthikarogas.

199. Dhatri Thailam.

Take of :

Eranda Thailam	..	2 lb.
Lasuna Swarasa	..	2 ,,
Bramhiswarasa	..	8 ,,

Add as Kalkam Katukrohini .. .. 10 tolas.

Boil to Mridupakam and filter.

Dose : ½ to 1 oz. with warm water or warm milk used as purgative in children and adults.

Indications: Soolam, Gulma, Alasaka in children.

200. Dinesavalyadi Thailam.

Prepare Kashaya 1 palam each of :

Dinesavalli.	Nyagrodhatwak.
Haridra.	Udumbaratwak.
Arkamulam.	Aswathatwak.
Aragwadhatwak.	Plakshatwak.

Water 64 lb. Boil and reduce to 16 lb.

200. Dinesavalyadi Thailam—*cont.*

Add the Kalkam 3 tolas each of:

Dinesavalli.	Nyagrodhatwak.
Haridra.	Udumbaratwak.
Arkamulam.	Aswathatwak.
Aragwadhatwak.	Plakshatwak.

Boil to Madhyamapakam and filter.
External use.

Indications: Vicharchika, Pama, Kandu, etc.

201. Doorvadi Thailam.

Take of:

Doorva Swarasam	..	8 lb.
Coconut oil ..	..	2 lb.

Add Yastimadhu Kalkam 20 tolas.

Boil to Madhyamapakam and filter.
For external use only.

Indications: Pama, Kandu, Daha, etc. Diseases of the skin where Pittha is vitiated.

202. Gandhaka Thailam.

Take fine powder of:

Gandhakam ..	..	24 tolas.
Maricham ..	..	12 ,,
Haridra ..	..	4 ,,

Add coconut oil .. 15 lb.

Boil to Kharapakam on mild fire. Gandhakam should be completely dissolved in the oil. Filter.
For external use only.

Indications: Skin diseases like Pama, Dadru, Vicharhika, etc., of vata and kapha type.

203. Guggulu Marichadi Thailam.

Take equal parts of:

Guggulu.	Thalakam.
Maricham.	Gandhakam.
Vidangam.	Manassila.
Sarshapam.	Kushtam.
Kasisam.	Kampillam.
Sarjarasam.	Haridra.
Mustha.	Daruharidra.
Sriveshta.	

Thila Thailam .. 4 parts.

Make fine powder and put it in gingelly oil. Keep in the sun for seven days before using (Suryaputam). For external use only.

Indications: All varieties of Kushtams.

204. Hingutriguna Thailam.

Take of:

Hingu	.. ..	1 part.
Saindhava	.. ..	3 parts.
Lasuna Swarasam	..	27 ,,
Eranda Thailam	..	9 ,,

Mix and boil to mridupakam and filter.

Dose: $\frac{1}{4}$ to $\frac{1}{2}$ oz. with water.

Indications: Gulmam, Udaram, Vriddhi, Amavatha, etc., relieves intestinal colic and chronic constipation.

N.B.—(1) Boil Lasunam in water to extract juice.

(2) Dissolve Hingu in water, add Saindhavam and mix with Lasunaswarasam and the Eranda thailam.

The Kalkam can be given internally in the abovementioned diseases. There is a tradition that the oil is not filtered but is given with Kalkam.

205. Karpasastyadi Thailam.

Prepare Kashaya of:

(A) Balamula	..	1 lb.
Water ..	..	16 lb. boil and reduce to 4 lb.
(B) Karpasasthi	..	1 lb.
Water ..	..	16 lb. boil and reduce to 8 lb.
(C) Masha ..	..	3 lb.
Kulatham ..	..	3 ,,
Water ..	..	12 lb. boil till they become soft and decant the fluid alone.

Add (A), (B) and (C):

And mix with

Gingelly oil	..	6 lb.
Goat's milk..	..	24 lb.

Add the Kalkam 3 tolas each of:

Devadaru.
Balamula.
Rasna.
Kushtam.
Sarshapam.
Sunthi.
Satapushpa.
Pippalimula.
Chavyam.
Sigru Twak.
Punarnava.

Boil to Kharapakam and filter.

For external use and for Nasyams, Vasthi, etc.

Indications: Arditham, Pakshavadham, Apabahukam, and other Vatha diseases.

Kharapakam is used for head. For Nasyam, Vasti and Panam Mridupakam and for body it is to be filtered in Madhayamapakam.

206. Karpooradi Thailam.

1	Ajamoda Kashaya ..	16 lb.
2	Coconut oil	4 ,,
3	Karpooram (powdered)	1 ,,

Boil 1 and 2 to Kharapakam, filter and add 3 while hot and stir well to mix.

For external use only.

Indications: Amavatha, Kasam, Kaphajwara, etc., may be applied externally over the chest and fomented.

207. Kshara Thailam.

Kadaliswarasam ..	8 lb. each.
Bijapuraswarasam ..	
Madhusuktham ..	

Add the Kalkam 1 tola each of:

Ksharam of Balamulaka Sungam (Nalam).
Yavaksharam.
Swarjikaksharam.
Samudra Lavana.
Saindhava Lavana.
Bida Lavanam.
Sowarcha Lavanam.
Oudbida Lavanam.
Hingu.
Sigru.
Sunthi.
Devadaru.
Vacha.
Kushtam.
Sathapushpa.
Rasanjanam.
Pippalimulam.
Bhadramustha.

Thailam: 2 lb.

Prepare Thailam.

Used as Ear drops.

Indications: Puthikarnam, Karnanadam, Karnasoolam, Badiryam.

208. Ksheerabala Thailam.

Balamulam .. .. 1 lb.
Add water .. .. 16 lb. boil and reduce to 4 lb.
Gingelly oil .. .. 1 lb.
Milk .. .. .. 4 ,,
Add the Kalkam of:
Balamulam .. .. ¼ ,,
Boil to Kharapakam and filter.
For external use.

Indications: Vata diseases like Pakshavadha, Ardita, Amavata, Urusthambha, etc.

N.B.—If the above process is repeated 3, 7, 21 or 101 times it is known as Ksheerabala Medicated (Avartita) and is done to get more and more concentrated oil. These are used for Nasyam, Dhara and internally for various nervous diseases (Vata Roga).

209. Mahamasha Thailam.

1 Masham .. .. 2 lb.
Boil in water .. 16 lb. and reduce to 4 lb. Filter.
2 Balamulam .. .. 2 lb.
Boil in water .. 16 lb. and reduce to 2 lb. Filter.
3 Rasna .. .. 2 lb.
Boil in water .. 16 lb. and reduce to 2 lb. Filter.
4 Dasamulam .. .. 2 lb.
Boil in water .. 16 lb. and reduce to 2 lb. Filter.

Note.—2, 3 and 4 may be mixed together for preparation of Kashayam.

209. Mahamasha Thailam—*cont.*

5 Yavam	.. ..	2 lb. each.
Kolam	.. ..	
Kulatham	.. ..	
Water	.. ..	16 lb.
Boil and reduce to	..	8 lb. and filter.
6 Chagamamsam	..	2 lb.
Water	.. ..	16 ,,

Boil and reduce to 2 lb. and filter.
Mix 1 to 6.

Add Thailam	..	2 lb.
Milk	.. ..	8 ,,

Add the Kalkam ½ a tola each of :

Rasna.	Rishabhakam.
Atmaguptha.	Madhukam.
Saindhava.	Balamulam.
Sathapushpa.	Sunthi.
Erandamulam.	Pippali.
Jivanthi.	Maricham.
Kakoli.	Pippalimulam.
Ksheerakakoli.	Manjishta.
Meda.	Chitraka.
Erandamulam.	Katpalam.
Lavana Trayam.	Devadaru.
Chavya.	Amruta.
Mahameda.	Kushtam.
Mudgaparni.	Aswagandha.
Mashaparni.	Vacha.
Jivakam.	Sati.

Prepare Thailam.
Used externally.

Indications : Vatharogam, Soolam, used for Vasthi and Nasyam, applied externally and massaged on limbs which have a tendency to atrophy.

210. Manjishtadi Thailam.

Take :

Kumari Swarasam	..	28 lb.
Gingelly oil ..	..	14 ,,
Milk ..	..	56 ,,

and the Kalkam 1 palam each of :

Manjista.
Anjanam.
Sariba.
Musta.
Katukarohini.
Takkolam.
Jathiphalam.
Srikandham.
Triphala.
Jatamamsi.
Tagaram.
Kushtam.
Yashtimadhu.
Chaturjathaka.
Useeram.
Agaru.
Kachoram (two varieties).
Mriganabhi.
Karpooram.
Utpalam.
Hriberum.
Visam.
Mrinala Bisam.

Boil to Kharapakam and filter.
Externally used as an oil for the head.

Indications : Sirasthodam and in diseases of the eye.

N.B.—Karpooram and Kasthuri are to be added just after filtering the oil.

211. Nakha Thailam.

Take of :

Kachora Kashaya..	..	32 lb.
Coconut oil ..	.. ..	8 ,,

Add the Kalka of :

Nakha	1 lb. each.
Kachora	

Boil to mrudupakam.
For external use.

Indications : Oil for head and used as Nasyam in Peenasam and other diseases of the head.

212. Nalpamaradi Thailam.

Take Swarasa of :
Nisa .. .. 6 lb. (fresh).
Parpataka .. .. 6 lb. (fresh).

Add gingelly oil .. 3 lb.

Add as Kalkam 3 tolas each of :

Nyagrodhatwak.	Chandanam.
Udumbaratwak.	Useeram.
Aswathatwak.	Kushtam.
Plakshatwak.	Chovvalli (Mal.).
Haritaki.	Kachoram.
Vibhitaki.	Agaru.
Amalaki.	

Boil to Madhyamapakam and filter.

For external use only.

Indications : Skin diseases like Vicharchika, Pama, Dadru, etc.

213. Neelibhringadi Thailam.

Take Swarasam 2 lb. each of :
Neeli.
Bhringarajam.
Sakralatha (Mudakaruthan).
Amalaki.

Add gingelly oil ..
Coconut milk ..
Buffalo's milk ..
Cow's milk .. ..
} 2 lb. each.

Add Kalkam of :
Anjanam .. ..
Yashtimadhu ..
Gunja .. ..
} each 4 tolas.

213. Neelibhringadi Thailam—*cont.*

Boil to Madhyamapakam and filter.
For external use only.

Indications: Palitham, Khalitham, etc. Cooling oil for the head. Promotes growth of hair, prevents and cures grey hair.

214. Nimbadi Thailam.

Take of:

Nimba Thailam	..	1 part.
Tuvaraka Thailam	..	1 ,,
Camphor ..	..	$\frac{1}{8}$,,

Mix well.
For external use.

Indications: Apatanaka, Apatantraka, **Convulsions**.

215. Nirgundi Thailam.

Take Swarasam 1 lb. each of:

Nirgundipathram.
Arkapathram.
Sigrupathram.
Chinchapathram.
Thulasipathram.
Datoorapathram.
Musali (Fresh).
Kadalikandam.
Apamargam.
Kakamachi (Black).
Haridra (Fresh).
Bringarajam.
Ardrakam.

Add gingelly oil	..	3 lb.
Goat's urine	..	3 ,,

Add Kalkam 1 tola each of:

Daruharidra.
Vacha.
Lasunam.
Ardrakam.
Kushtam.
Saindhavam.
Pippali.
Maricham.
Sunthi.
Chithramulam.
Sarjarasam.

215. Nirgundi Thailam—*cont.*

Prepare Thailam.

External use for the head and as ear drops.

Indications : Karna-soola, Karna-srava, Pinasam. For chronic nasal discharge, this may be used as a bathing oil.

216. Nisoseeradi Thailam.

Haridra	.. ..	10 palams.
Useeram	.. ..	10 ,,
Balamula	.. ..	10 ,,
Water	.. ..	64 lb.
Boil and reduce to	..	16 ,,
Filter and add gingelly oil		4 ,,

Add the Kalkam 1 tola each of:

Sthoola Ela.	Jathiphala.
Sookshma Ela.	Rasam (Narumpasai).
Kundurushkam.	Sukthi.
Kushtam.	Vyagranakham.
Priyangu.	Devadaru.
Jatamamsi.	Agaru.
Hreeberam.	Sreevasakam.
Dhanyakam.	Kunkumam.
Sprikka.	Chanda.
Kachoram.	Guggulu.
Chocham.	Sarja Rasam.
Patram.	Kankushta.
Tagaram.	Punnaga.
Sthouneyam.	Nagakesaram.

Boil to Madhyama pakam and filter.

For external use.

Indications : Prameha, Pitaka, Chronic Inflammatory conditions and ulcers.

217. Pinda Thailam.

Prepare Kalkam 1 lb. each of:
(1) Manjishta.
(2) Sariba.

Add gingelly oil .. 16 lb.
Boil to (mrdupakam) and filter.
Then add as patrapakam (in the vessel).

Madhuchishtam .. } 1 lb. each.
Sarjarasam .. }

Stir well while hot in order to mix.

For external use only.

Indications: In inflammatory condition. Nervous pains and skin diseases due to pitta.

N.B.—A second method of preparation is to prepare a Kashayam of a small quantity of items (1) and (2) and then proceed as detailed above.

218. Pippalyadi Thailam.

Take Kalkam 1 palam each of:

Pippali.	Kushtam.
Madanaphalam.	Kachoram.
Bilwamulam.	Pushkaramulam.
Sathapushpa.	Chitramulam.
Yashtimadhu.	Devadaru.
Vacha.	

Gingelly oil .. .. 4 lb.
Milk .. .. .. 8 ,,

Prepare Tailam in mrudupakam.

Used for anuvasana vasthi.

Indications: Arsas, Mudhavatham Gudabhramsam, Udavartha, etc.

219. Prabhanjana Vimardana Tailam.

Prepare Kashaya 12 tolas each of :

Balamulam.	Aswagandha.
Sathavari.	Prasarini.
Sigrutwak.	Bilwamula.
Vatanam.	Kasmari.
Arkam.	Tarkari.
Karanjam.	Patala.
Erandamulam.	Tuntukam.
Sahacharamulam.	

Add water .. 128 lb. and reduce to 32 lb.

Add gingelly oil ..	8 lb.
Milk	16 ,,
Dadhi	16 ,,
Dhanyamlam ..	16 ,,

Add Kalkam 1 tola each of :

Tagaram.	Kushtam.
Devadaru.	Saindhava.
Ela.	Rasna.
Sunthi.	Methika.
Sarshapam.	Vacha.
Kachoram.	Chitramula.
Utpala (5 varieties).	Jatamamsi.
Anjanam (2 varieties).	Saralam.
Neelini.	Katukarohini.
Satapushpa.	

Boil to Mrudupakam and filter.

Internal and external use.

Indications : This tailam can be used for Panam, Abhyangam, Vasthi and Gandoosham in all types of Vatharogas.

220. Sahacharadi Thailam.

Prepare Kashaya of :

Sahacharamulam	..	20 lb.
Water ..	..	160 ,,
Boil and reduce to	..	40 ,,
Add Thila Thailam	..	10 ,,

and Kalkam 10 tolas each of :

Vacha.	Katukarohini.
Daruharidra.	Athivisha.
Indrayavam.	Chitramulam.
Saindhavam.	Rasna.

Prepare Thailam.

Indications : For external use, Vatharogas like Kampam, Akshepakam, etc.

221. Triphaladi Thailam.

Prepare Kashaya of :

Haritakai	..	..	4 palams.
Vibhitaki	..	..	4 ,,
Amalaki	..	..	4 ,,
Guduchi	..	..	4 ,,
Water	..	..	32 lb.
Boil and reduce to		..	8 lb.

Add Swarasam of :

Bhringarajam		..	2 lb.
Amalaki	..	..	2 ,,
Gingelly oil		..	2 ,,
Milk	..	..	4 ,,

221. Thriphaladi Thailam—*cont.*

Add Kalkam 1 tola each of :

Kushtam.	Aswagandha.
Yashtimadhu.	Balamula.
Padmakam.	Guduchi.
Useeram.	Sariba.
Chandanam.	Devadaru.
Musta.	Lavangam.
Ela.	Nakham.
Patram.	Kachoram.
Jatamamsi.	

Boil to Kharapakam and filter.
For external use only.

Indications : Oil for the head, diseases of the eye and diseases of the head.

222. Vachadi Thailam.

Nirgundi Swarasam	..	4 lb.
Gingelly oil ..	..	2 ,,

Add the Kalkam 3 tolas each of :

Vacha.
Haritaki.
Laksha.
Katukarohini.
Chandana.

Boil to Kharapakam and filter.
For external use oly.

Indications : Nasyam and Abhyangam in Apachi.

N.B.—If used for Nasyam only the tailam should be boiled to mrudupakam.

223. Vajraka Thailam.

Saptaparni Mulam	..	1 part all together as Kalkam.
Sirisha Twak	.. ..	
Hayamara Twak	..	
Arkamula Twak	..	
Malati Twak	..	
Chitramulam	..	
Asphota Twak	..	
Nimba Twak	..	
Karanja Beejam	..	
Sarshapam	.. ..	
Prapunnata Beejam	..	
Triphala	.. ..	
Vidangam	.. ..	
Thrikatu	.. ..	
Haridra	.. ..	
Daruharidra	..	
Gomutra	.. ..	4 parts.
Thila Thailam	..	

Prepare Thailam. For external use.

Indications : Kushtam of Vata Kapha types.

224. Vishamushti Thailam.

Prepare Kashaya of Vishatindukam (Beejam).	16 palams. Add 8 lb. of water and reduce to $\frac{1}{4}$ part.
Add Jambeera Swarasam.	32 palams.
Vishatinduka Beejam ..	16 tolas (Kalkam).
Eranda Thailam ..	16 palams.
Thila Thailam ..	32 ,,

Prepare Thailam in Madhyamagni.

Indications: External use. Sarvanga Vata, Sandhigata Vata, Dhanurvata.

SECTION XII.

BHASMA—SINDURA AND OTHER RASA OUSHADHAS.

Bhasma is that which is burnt to powder. Various metals and minerals are reduced to Bhasma or Sindura by heat before they are administered. When the resultant powder becomes white, it is generally called Bhasma. While it becomes red it is called Sindura. There are two methods of this reduction of metals and minerals. One method is application of heat by what is called Putam and the other method is application of heat by means of Yanthra as Valuka Yanthra, Lavana Yanthra, etc.

For preparation of Bhasma, the drug after purification is placed in a Khalvam and ground with the specified juice. The process of grinding it is also for a specified number of days. When the drug is well ground it is made into number of small discs (Chakrika), the size and thickness of the discs varying from mineral to mineral depending upon the heaviness of the substance. The discs are dried in sun, placed in a mud cup (Sarava) and by another cup it is closed. The edges (Sandhi) are sealed seven times with cloth smeared with wet clay. It is allowed to dry. A pit is made in an open place and cowdung cakes are spread on it. The mud cup is placed in the centre and again cowdung cakes are placed over. Fire is put on all sides and it is allowed to burn. The pit should not be in a place where there is heavy wind. When the burning is over it is allowed

to cool and the mud cup is removed, the seal is opened and the contents removed. The medicine is put again in a Khalvam and made into a fine powder. This process is to be repeated to a specified number of times or till the correct pakam is obtained. The test for a properly prepared Bhasma is that, it should be so fine as to get easily into the finger lines (Rekhapurita), it should float when put on the surface of the water (Varitaram) and should not be in a position to be reconverted into the metal again (Nirutha). In certain cases this reduction is done by the addition of some other metal also as mercury, arsenic, etc.

When the drug is reduced by the other method, namely, sublimation, a different process is followed. The drug or drugs are well ground in a Khalvam with or without any liquid, dried and made into a powder. A glass bottle (Kacha Kupi) is taken and the body of it is covered seven times with clay-smeared cloth and allowed to dry. When it has completely dried half of the bottle is filled with the powder. A mud pot is broken into two and the bottom portion is filled with sand of equal size. The bottle is buried in the sand up to the neck and is kept on fire. The pot is heated by gradual fire and the contents of the bottle stirred often with an iron rod. When the specified time is over it is allowed to cool. When completely cooled the bottle is removed and broken across in the centre. Fine crystals will be found adhering to the neck and upper portion of the bottle which is removed and made into a fine powder.

Both Bhasma and Sindura can be kept for any number of days without undergoing any change in colour or action.

These Bhasmams and Sindurams are added with other medicines and made into pills, etc., which are generally termed as Rasa Oushadhas, meaning that one or other of the Rasa, Maha Rasa, Upa Rasa is included in the preparation.

A.—BHASMA.

225. Abhraka Bhasma.

Sodhanam.—Vajrabhraka is the best and the black variety is heated red hot in an iron pan and dipped in Gomutram seven times or in Triphala Kashayam.

Dhanyabhraka.—Bundle Abhraka in a cloth with half the quantity of paddy and squeeze in a basin of Kanchikam so that Abhrakam escapes through the meshes of the cloth. Decant the water and take the fine Abhrakam which is also called Abhraka Navanitha.

Abhraka Bhasma.—Grind in a Khalvam this Dhanyabhrakam and put putam seven times with each of the following Swarasa :—

1. Punarnava Swarasa.
2. Vasa Swarasa.
3. Tanduliyaka Swarasa.

Sataputabhraka Anubhuta.—Subject Dhanyabhraka to three Gajaputas, each time after grinding with Swarasam of the following :—

1. Shunaka dhooma Patram (wild tobacco).
2. Bhringa Rajam.
3. Swarna Kshiri.
4. Aswagandha.
5. Nirgundi.
6. Bhanga Patram.
7. Shatavari.
8. Vasa.
9. Kushmandam.
10. Tanduliyaka.
11. Surasapatram.

12. Katuka.
13. Arkaksheeram.
14. Hreeberam.
15. Gokshuram (Samulam).
16. Amalaki.
17. Chitrakam.
18. Hapusha.
19. Guduchi.
20. Vatam (aerial roots).
21. Draksha.
22. Vidari.
23. Kanyasaram.
24. Brihati.
25. Kasamardam.
26. Mandukaparni.
27. Aravinda.
28. Manjishta.
29. Triphala.
30. Baboola Twak.
31. Arjuna.
32. Musta.

The last putam to be done with Triphala Kwatha.

Add : 1 to 2 grains with honey.

Indications : Prameham—Madhumeham, Pandu, Balakshaya, Medo-Vriddhi.

226. Ekaguna Sindooram.

Take 1 part each of :

Sodhita Rasam.
Sodhita Gandhaka.

Prepare Kajjali, grind with Karpasa Pushpa Swarasa and Kumari Swarasa for one

day in each, put this in a Valukayanthram and burn for 48 hours in Kramagni.

Dose: 1 to 2 grains with honey.

Indications: Jwaram, Raktadosha, Phiranga, etc.

227. Hingulotha Rasasindooram.

Take 1 part each of purified:
Soditha Hingulam.
Soditha Gandhakam.

Make Kajjali and put in a Kachakupi and burn in a Valuka Yantram for three days in Kramagni. Allow to cool and collect Sinduram.

Dose: 1 to 2 grains twice a day with honey.

Indications: Phiranga, Vataroga, Kushta, etc.

228. Jasada Bhasma.

Sodhana Karma.—Melt Jasada and pour carefully * into Nirgundi Swarasa with Haridra churna or in lime water. Repeat the process seven times.

Bhasma.—Again melt the purified Jasadam and when melted add Apamarga powder and stir well so that it becomes powder.

* The Swarasa should be kept in a heavy vessel and should be covered with another heavy lid with a small hole. The melted Jasada should be poured through a hole slowly. If this is not done, the swarasa will spurt out.

228. **Jasada Bhasma**—*cont.*

Grind well the powder in a khalvam with the following swarasa and put putam :—

(1) Kanya Swarasa .. 5 putams.
(2) Jambeera Swarasa .. 2 „
(3) Ardraka Swarasa .. 5 „

Dose : 1 to 2 grains with honey.

Indications : Yakrith and Plehodaram, Meham, Udaram, Krimi.

229. Kantha Bhasma.

Sodhana Karma.—Powder and do Bhavana in—

(1) Jambeera Swarasam.
(2) Kanchika.
(3) Buttermilk

and dry in the sun.

Bhasma—

Sodhita Kantha .. 5 parts.
Sodhita Hingulam. 5 „

Grind in a khalvam with human milk or go-mutram and put ten gajaputas. Repeat the process with (1) Thriphala Kashaya and put 10 putams, (2) Jambeera swarasa and (3) Amla Kanchika—Add 1/20th part of Hingula for each putam.

Dose : 2 to 4 grains with honey.

Indications : Pandu, Kshayam, Sulam, Kamila, etc.

230. Karpoora Silajat Bhasma.

Put purified Karpoora Silajat * in a Saravam filled with Kumari Swarasam. Cover it with another Saravam, seal it and subject it to putam with 50 cowdung cakes.

Dose: 2 to 5 grains with ghee or tender coconut water.

Indications: Mootrakrichram, Vasthisoolam, Daha, Pooyameha.

* Soak in rice water for a day and wash in hot water.

231. Kaseesa Bhasma.

Sodhanam.—Bhavana in Jambeera Swarasa for a day.

Bhasma.—Grind Sodhita Kaseesam with Jambeera Swarasa and subject to putam with 30 cowdung cakes.

Dose: 2 to 5 grains with ghee or honey.

Indications: Pandu, Kamala, Yakrith and Pleeha-vriddhi, Arochakam, Pravahika, Raktapitta, Sitha-pitha, etc.

232. Loha Bhasma.

Sodhanam.—Take iron filings and heat in an iron vessel red hot and put them in gingelly oil and wash with water.

Bhasma—

Sodhita Loha Churna	..	1 part.
Sodhita Hingulam	..	1 ,,

Grind with Jambeera Swarasa first and put a putam and then grind with Thriphala Go-mutra Kwatham and put twenty gajaputas.

Dose: 1 to 3 grains with honey.

Indications: Pandu, Kamila, Grabani, Atisara and Balakshaya.

233. Mowkthika Bhasma.

Grind with rose water or cow's milk and put putam with 50 cowdung cakes. Repeat the process three times.

Dose: $\frac{1}{2}$ to 1 grain with ghee.

Indications: Kasa, Swasa, Kshaya, Balakshaya, Raktapitta, etc.

234. Naga Bhasma.

Sodhanam.—Melt and pour in Nirgundi Swarasam with Nisa churnam three times.*

Bhaśma.—Melt Nagam in an iron pot and when it is in a liquid condition, add the ash of thinthruni twak, stirring well all the time. Then mix with equal quantity of Manasila and grind with Jambeera Swarasa and put to putam.

Repeat ten times, each time adding 1/20th part of Manasila.

Dose: 1 to 2 grains with honey.

Indications: Moothrakrichram, Prameha, Atisara. Grahani, Soola, Arsas, etc.

235. Pravala Bhasma.

Sodhanam.—Bhavana in Jambeera Swarasa for 3 hours.

Bhasma.—Grind in Arka Ksheera and put three gajaputas. Again grind in Jambeera Swarasa and put gajaputam—Repeat the process three times.

Dose: 1 to 2 grains with ghee or honey.

Indications: Kasam, Swasam, Kshayam, Raktapitta, Balakshaya, etc.

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* The Swarasa should be kept in a heavy vessel and should be covered with another heavy lid with a small hole. The melted naga should be poured through a hole slowly. If this is not done, the swarasa will spurt out.

236. Rajatha Bhasma.

Sodhanam.—Heat and dip silver leaves seven times in each of the following :—

(1) Thailam (Gingelly).
(2) Thakram.
(3) Gomutram.

Bhasma—

(1) Sodhita Rajathapatram. 1 part.
(2) Sodhita Talakam .. $\frac{1}{3}$,,

Grind in Jambeera Swarasam and put putam with 100 cowdung cakes. Repeat the process eleven times.

Dose : 1 to 2 grains with honey or ghee.

Indications : Kasam, Swasam, Pandu, Kshayam, used as Rasayanam, Balyam and Vajikara.

237. Sankha Bhasma.

Sodhanam.—Cut Shankha into small pieces and immerse them in Jambeera Swarasa for a day.

Bhasma.—Wash in water and grind in Jambeeraswarasa, put putam with 50 cowdung cakes.

Repeat putam if necessary.

Dose : 1 to 2 grains with honey.

Indications : Soola, Yakrith and Plehodaram.

238. Shadguna Sindooram.

Sodhita Rasam .. .. 1 part.
Sodhita Gandhaka .. 6 parts.

Make Khajjali and grind with Kanya Swarasam and Raktha Karpasa Pushpa Swarasam for three days in each. Burn in Valuka Yanthram for three days in Mandagni, Madhyamagni, and Thikshnagni respectively on

238. Shadguna Sindooram—*cont.*

successive days, and when cooled collect the sublimate from the top of the kachakupi and powder in a khalvam.

Dose: 1 to 2 grains with honey or ghee.

Indications: Twak rogas, Phirangam, Jwara, Kasa, etc. Used also as a tonic and alterative.

239. Sringa Bhasma.

Sodhanam.—Smear with Elakalka pieces of Mriga Sringa and burn in cowdung cakes.

Bhasma.—Grind with Kumari Swarasam. Make Chakrikas and subject to gajaputam.

Dose: 1 to 5 grains with honey twice daily.

Indications: Hrithsoolam, Hrithrogam, Kasa, Mootrakrichra, Vasthi Soola, Somaroga, etc.

240. Sukti Bhasma.

Sodhanam.—Purify Mukta-Sukti by soaking in Jambeera Swarasam for a day and wash with hot water.

Bhasma: Grind with Kumari Swarasam and make chakrika. Put putam with 50 cowdung cakes.

Dose: 1 to 5 grains with honey or ghee.

Indications: Parinamasoolam, Soolam, Gulma, Adhmana, etc.

241. Surakshara Kaseesam.

Suraksharam	..	..	120 tolas.
Kaseesam	..	..	60 ,,

Soak each of these separately in Jambeera Swarasa for a day.

241. Surakshara Kaseeram—*cont.*

Grind in Jambeera Swarasam and make one big chakrika, put in a big Saravam and put putam with 100 cowdung cakes.

If necessary repeat the process.

Dose: 2 to 5 grains with honey or water.
Indications: Moothrakrichram, Gulmam, Udaram, Yakrith and Pleehodaram, Sopha, Pandu, Kamala and Slipada.

242. Swarna Bhasma.

Sodhanam.—Heat Swarnapatra and dip seven times in each of the following :—

(1) Thailam.
(2) Thakram.
(3) Gomutram.
(4) Kulatha Kashaya.

Bhasma—

(1) Sodhita Swarnapatram.	1 part.
(2) Rasa Bhasma ..	$\frac{1}{4}$ „

Grind (2) in Jambeera Swarasa and smear the paste over the gold leaves and dry. Keep gold leaves in a Saravam with Sodhita Gandhakam spread above and below the patra. Cover with another Saravam and put gajaputam.

Repeat the process eight times.

Dose: $\frac{1}{4}$ to 1 grain with honey twice a day.
Indications: Kshayam, Kasam, Amavatham. Used also as Rasayanam, Balyam, Vajikaranam, etc.

243. Swarna Makshika Bhasma.

Sodhana Krama.—Heat and dip Swarna Makshika in Thriphala kashayam seven times.

[243. **Swarna Makshika Bhasma**—*cont.*

Bhasma—

Sodhita Swarna Makshika. 1 part.
Sodhita Gandhaka .. $\frac{1}{4}$,,

Grind with Mathulunga Swarasa and make chakrikas. Put in Varahaputa. Repeat this five times.

Dose: 2 to 5 grains with honey or ghee.
Indications: Pandu, Kamala, Asyapakam and Kshayam.

244. Thalaka Bhasma.

Sodhana Karmam.—Take Patra Talakam and cut into small pieces, bundle the pieces in a cloth, boil in Dola Yanthram with Kushmanda Swarasam or Churnodaka (lime water).

Bhasma.—Grind Sodhita Talakam with Karavalli Swarasa. Make chakrika. Take a pot, fill half of it with Palasa Bhasma, keep there chakrikas and cover again with Palasa Bhasma and do Sandhi bandha. Burn the pot on an oven for two days with moderate fire. When cooled take the chakrikas and make fine powder.

Dose: 1 to 2 grains with honey.
Indications: Kasam, Swasam, Kshayam, etc.

245. Thamra Bhasma.

Sodhanam.—Mix Saindhava Lavana with Jambeera Swarasa and apply over copper leaves and dry. Heat and dip in Amla Kanchika. Repeat this process eight times.

Bhasma.—Grind Rasa and Gandhaka with Jambeera Swarasa and smear this paste over

245. Thamra Bhasma—*cont.*

Sodhita Thamrapatram, put these Thamrapatram in a Saravam and put putam. Repeat the process three times. * Then grind with Jambeera Swarasa make a bolus, keep it inside Sooranakanda, cover the whole with mud cloth, dry and put one gajaputam.

Dose : 1 to 2 grains with honey.
Indications : Kamala, Pandu, Udara, Soola, Gulma and Kushtam.
Diet : Avoid tamarind, chillies and salt.

246. Vanga Bhasma.

Sodhana Karma.—Melt Vanga and put in Nirgundi Kashaya mixed with Nisa churnam.† Repeat the process seven times.

Bhasma.—Melt Vangam and add the powders of Tintrini Twak, Aswatha Twak, Apamargam, and Thalapotakam (each $\frac{1}{4}$ of vangam) stirring well all the time until the metal becomes a powder. Add equal quantity of Sodhita Talakam, grind with Jambeera Swarasam, make chakrikas and put putam with 50 cowdung cakes. Repeat the process ten times.

Dose : 1 to 2 grains with ghee or butter.
Indications : Moothrakrichram, Prameham, Pooyameham and other vasthi rogas.

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* Three times is not enough to make this as bhasma though it is mentioned so in the book. Therefore the process should be repeated fifteen times at least before the rest of the process is done.

† The Swarasa should be kept in a heavy vessel and should be covered with another heavy lid with a small hole. The melted Jasada should be poured through a hole slowly. If this is not done, the swarasa will spurt out.

247. Varata Bhasma.

Sodhanam.—Bhavana in Jambeera Swarasa for a day.

Bhasma.—Grind with Jambeera Swarasa and put to gajaputam. Repeat the process if necessary.

Dose : 2 to 4 grains with honey, ghee or water.
Indications : Kasam, Swasam, Soolam, Gulmam, Udaram, etc.

B.—RASAOUSHADHAS.

248. Aditya Rasa.

Take equal parts of :

Sodhita Hingulam.	Amalaki.
Sodhita Nabhi.	Jatiphalam.
Sodhita Gandhaka.	Lavangam.
Sunti.	Samudra Lavana.
Pippali.	Sowarcha Lavanam.
Maricham.	Kacha Lavanam.
Haritaki.	Bida Lavanam.
Vibhitaki.	Saindhava Lavanam.

Make Kajjali with Rasam and Gandhakam. Add Vatsanabhi and the rest one by one. Grind with Madhiphala Rasam, Jambeera Rasam and Dadima Swarasam for seven days in each and make 2 gr. pills.

Dose : 1 pill with honey.
Indications : Agnimandya, Ajeerna, etc.

249. Agnitundi Vati.

Take equal parts of :

Sodhita Rasam.	Amalaki.
Sodhita Vatsanabhi.	Sarjakshara.
Sodhita Gandhaka.	Yavakshara.
Ajamoda.	Saindhava.
Haritaki.	Chitramula.
Vibhitaki.	

249. Agnitundi Vati—*cont.*

Jeerakam.	Saindhava Lavana.
Sourcha Lavana.	Tankanam
Vidangam.	
Sodhita Vishamushti	16 parts.

Make Kajjali of Rasam and Gandhaka and add Vishamushti Churnam and the rest of the powders. Grind with Jambeera Swarasa and make 2 gr. pills.

Dose : 1 to 2 pills with honey.

Indications : Agnimandya, Ajeerna, Atisara, Grahanee, etc.

250. Ananda Bhairava Rasa.

Take equal parts of:

Sodhita Hingulam.	Maricha.
Sodhita Vatsanabhi.	Tankana.
Thrikatu.	Pippali.

Grind Hingulam in Jambeeraswarasa and add Nabhi and then the rest one by one. Grind again in Madiphalarasam for a week. Make 2 gr. pills.

Dose : 1 to 2 pills with honey or Ardrakaswarasa.

Indications : Jwara and Jwarathisara.

251. Balasuryodaya Rasam.

Take of:

Sodhita Rasam	1 tola.
Sodhita Gandhaka ..	3 tolas.
Sodhita Nabhi	3 ,,
Sodhita Thamra Bhasma.	2 ,,
Sodhita Loha Bhasma ..	2 ,,
Hingu	½ tola.

251. Balasuryodaya Rasam—*cont.*

Abhraka Sindoora	..	5 tolas.
Maricha Churna	..	16½ ,,

Make Kajjali of Rasam and Gandhakam. Add the Bhasmas and the other drugs one by one grinding each time and make pills. This may be ground with Lavanga Kashaya or Udumbara Kashaya to make pills of 2 grs.

Dose: 2 grs. with honey.
Indications: Jwaram, Kasa, Swasa, Chardi, Yoni-dosha, Pradara, etc.

252. Bhedi Jwarankusam.

Take of:

1	Sodhitha Rasam	..	1 part.
2	Sodhitha Vatsanabhi	..	1 ,,
3	Sodhitha Gandaka	..	2 parts.
4	Tankanam ..	..	2 ,,
5	Maricha Churnam	..	5 ,,
6	Danthi Beejam	..	6 ,,

Make Kajjali of 1 and 3 and add the rest one by one. Grind with *Simhi* phalarasam for 16 hours, make 2 gr. pills and dry in shade.

Dose: 1 to 2 pills with Ardraka Swarasam.
Indications: Purgative in Jwaram.

253. Chaturmukha Rasa.

Take of:

Sodhitha Rasa ..	..	1 tola.
Sodhitha Gandhaka	..	1 ,,
Loha Bhasma	..	1 ,,
Abhraka Bhasma	..	1 ,,
Swarna Bhasma	..	¼ ,,

Grind Swarna bhasma with Rasam and make Kajjali with Gandhakam. Then add Loha Bhasma and others.

253. **Chaturmukha Rasa**—*cont.*

Grind with Kanyaswarasa and make balls and cover with Eranda patram, bury in Dhanya Rasi for three days. Remove, dry and make fine powder.

Dose: 1 to 2 grs. with honey and Thriphala Churnam.

Indications: Kshaya, Purana Jwara, Yakshma, Swasa, and Kasa.

254. Devakusuma Rasayanam.

Take of:

Lavanga Churnam ..	1	tola.
Sodhita Rasakarpoora ..	1	,,
Sodhitha Gandhaka Churnam.	1	,,
Kasturi	¼	,,
Kunkumakesaram ..	1	,,

Grind Gandhakam with Rasakarpooram and add the rest one by one. Do Bhavana and grind for a day in each of the following:—

Nimba-twak Kashayam, Bhoodhatri Swarasam and Bringaraja Swarasam and make 2 gr. pills.

Dose: 1 to 2 pills with honey.

Indications: Charmaroga, Vatharakta, Phiranga, etc.

N.B.—Some add Chandanam 1 tola to the above ingredients.

255. Huthasana Vati.

Take of:

Sodhitha Rasam ..	1	part.
Sodhitha Gandhakam ..	1	,,
Sodhitha Vatsanabhi ..	1	,,
Thriphala	1	,,
Thrikatu	1	,,
Koshtam	1	,,

255. Huthasana Vati—*cont.*

Make Kajjali, add the other drugs and grind with Bhringaraja Swarasam and make 2 gr. pills.

Dose: 1 to 2 pills with Ardraka Swarasam.
Indications: Agnimandyam, Ajeernam, Adhmanam.

256. Ichabhedi Rasam.

Take equal parts each of:
Sodhitha Rasam.
Sodhitha Gandhakam.
Maricha Churnam.
Tankanam.
Sunthi Churnam.
Danthibeejam .. .. 15 parts.

Make Kajjali of Rasam and Gandhakam, add the rest and grind with Jambeera Swarasam and make 2 gr. pills.

Dose: 1 to 2 pills with cold water, early morning in empty stomach.
Indications: Used as a purgative.

257. Jwarankusa Rasa.

Take of:

Sodhitha Rasam ..	1 part.
Sodhitha Gandhakam.	1 ,,
Sunthi	½ part each.
Tankanam	
Harithalam purified..	
Vatsanabhi purified ..	

Make Kajjali, add the rest one by one and grind in Bhringaraja Swarasa for three days. Make 2 gr. pills.

Dose: 1 to 2 pills with honey and pippali churnam.
Indications: Vishamajwaram.

258. Kalagni Rudra Rasam.

Take equal parts of:

Rasam	1	palam.
Sodhitha Gandhakam ..	4	palams.
Tamra bhasma	2	,,
Sodhitha Vatsanabhi ..	4	,,
Talakam	1	palam.
Tankanam	1	,,

Vishamusthi—Equal to the above.

Make Kajjali of Rasam and Gandhakam, add the rest and grind with Jambeera Swarasam for a day and make 2 gr. pills.

Dose: 1 to 2 pills with honey.

Indications: Vatharogas, Gulma and Grahani.

259. Kalakuta Rasam.

Take of:

Sodhitha Vatsanabhi ..	11	parts.
Sodhitha Rasam ..	3	,,
Sodhitha Gandhakam ..	5	,,
Manassila	6	,,
Thamra Bhasma ..	4	,,
Tankanam	7	,,
Thalakam	9	,,
Chitramula	9	,,
Thriphala Churna ..	10	,,
Thrikatu Churna ..	12	,,
Hingu	1	part.
Vacha	1	,,

259. Kalakuta Rasam—*cont.*

Make Kajjali of Rasa and Gandhaka, add the rest and grind with the juices of each of the following for 3 hours : Ardrakam, Chitramulam, Jambeera, Lasunam, Gunja, Sigru, Arkam-Langali, Hamsapadi, Nirgundi, Nagavalli Ankola, Madhu, Sigru, Panchakolam, Panchamulam and make 2 gr. pills.

Dose : One pill with Ardraka Swarasam.

Indications : All jwarams and sannipatajwara m.

Pathya : Application of sandalwood paste on the forehead and body, include dates and grapes in diet.

260. Kanta Vallabha Rasa.

Take of :

1	Kantha Bhasma	16	parts.
2	Loha Bhasma	14	,,
3	Mandura Bhasma	12	,,
4	Tankanam	10	,,
5	Manasila (purified)	8	,,
6	Gomutra Silajat	6	,,
7	Rasam (purified)	66	,,
8	Gandhakam (purified).	66	,,

Make Kajjali of 7 and 8 and add the rest and grind with Hamsapadi Swarasam for four days and burn in Valuka yantram for about seven days, keeping the medicine in Kachakupi.

Take the bhasma and sindura settled at the bottom and top.

Dose : 2 grs. with honey.

Indications : Pandu, Sopha, Kshaya, Kasa, Grahanee Jwaram, Chardi, Vata sula, etc., Rasayana and Vrishya.

261. Karpuradi Rasavati.

Take equal parts of :

Sodhitha Hingulam.	Jatiphalam.
Ahiphemam.	Indrayavam.
Mustha.	Karpuram.

Grind the above except the last, in water. Add Karpuram in the end and grind well; make 2 gr. pills.

Dose : 1 to 2 pills with honey.

In the text opium is added in the preparation but it is left out in the Hospital Pharmacopœia.

Indications : Athisaram, Jwarathisaram, Raktathisaram, Grahani.

262. Kravyada Rasa.

Sodhitha Gandhakam	..	2 palams.
Sodhitha Rasam	..	1 palam.
Thamra Bhasma	..	1 ,,
Loha Bhasma ..	..	1 ,,

Melt Gandhakam and add Rasam and the rest. Pour it over an Erandapatram.[1] Powder it when cool and put it in an iron vessel. Put in a crucible, pour 2 lb. of Jambeera Swarasam and burn over mild fire till the moisture evaporates. Do Bhavana and Mardana in Kashayas of Panchakola and Amlavethasa 50 times.

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[1] A pit with cowdung should be made. In that pit Erandapatra should be kept and the molten medicine poured in it. Then it should be covered with Erandapatra and covered with cowdung. This paka is called Parpatipaka.

262. Kravyada Rasa—*cont.*

Add equal quantity Tankana Bhasma, half the quantity Krishna Lavana and equal weight to the whole Maricha Churna. Do bhavana seven times in Chanaka Ksharajalam.* Dry it and put in a Kachakupi.

Dose : 2 to 5 grs. with buttermilk.

Indications : Gulma, Pleehavriddhi, Arsas, Grahani, Sthoulyam, Udaram, etc.

* Chanakamla is used.

263. Krimimudgara Rasa.

Sodhitha Rasam	..	1 tola.
Sodhitha Gandhakam	..	2 tolas.
Ajamoda ..	..	3 ,,
Vidanga	..	4 ,,
Vishamushti ..	..	5 ,,
Palasabija ..	..	6 ,,

Make Kajjali of Rasam and Gandhakam, add powders of the rest and grind.

Dose : 10–15 grs. with Vidanga Kashayam or with honey.

Indications : Krimikoshtam.

264. Lakshminarayana Rasa.

Take equal parts of :

Sodhitha Gandhakam.
Sodhitha Tankanam.
Sodhitha Vatsanabhi.
Sodhitha Hingulam.
Katukarohini Churnam.
Ativisha Churnam.
Pippli Churnam.
Indrayava Churnam.
Abhraka Sindoora.
Saindhavam.

264. Lakshminarayana Rasa—*cont.*

Grind with Dantimula Kashaya and Thriphala Kashaya for three days and make 2 gr. pills.

Dose : 2 grs. with honey and Ardrakaswarasa.

Indications : Jwaram, Agnimandyam, Ajeerna, Vishuchi, Sannipatajwaram, Sutika vata.

Pathya : The person should do Abbyanga and use Tambula with Hima Karpura. Coconut water can be given and Chandana application over the body.

265. Lakshmi Vilasa Rasam.

Take equal parts of:

Rajata Bhasma.
Kanta Bhasma.
Loha Bhasma.
Thamra Bhasma.
Swarna Makshika Bhasma.
Sodhitha Hingulam.

And six parts each of;

Sodhitha Rasam.
Sodhitha Gandhakam.

Make Kajjali of Rasa and Gandhaka. Add the rest and grind with Guduchi Swarasam for seven days and burn in a Valuka Yantram in Kachakupi.

Dose : 2 grs. with honey.

Indications : Kashaya, Yakshma, Pandu, Hridroga.

266. Loha Rasayana.

Sodhitha Gandhakam.		1 tola.
Sodhitha Rasam	..	1 ,,
Loha Bhasma	..	3 tolas.

Make Kajjali of Rasam and Gandhakam. Add Loha Bhasma and grind with water for

266. Loha Rasayana—*cont.*

three days. Make a disc and keep in Dhanyarasi for three days in a copper vessel. Then grind with Thulasi Swarasa, Thrikatu Kashaya, Rasna Kashaya, Guduchi Kashaya and Chitramula Kashaya for three days in each. Put in a Khalva and grind with the following for three days in each: Thriphala Kashaya, Nirgundi Swarasa, Dadima Kashaya, Padma Kanda Swarasam, Bhringaraja Swarasa, Kadali Kanda, Vishnukranti and Babbula Twak Kashaya, Prasarani Swarasa, Palasa Twak kashaya—Dry in shade.

Dose: 2 to 4 grs. with honey.
Indications: Pandu, Sopha, used as Rasayanam.

267. Loha Soweeram.

Take equal parts of purified:
Loha Churnam.
Soweera Pashanam.

Grind with water and put in a Saravam. Seal and burn for six hours in mild fire for the first two hours and strong fire for the rest of the period. Allow to cool. Remove the Bhasma and powder what is contained in the bottom.

Dose: 1 to 2 grs. with honey.
Indications: Ardita, Pakshavata, Amavatha, Slipada.

268. Lokanatha Rasa.

Take equal parts of:

Varata Bhasma	..	1 part.
Mandura Bhasma	..	1 ,,
Loha Bhasma	..	$\frac{1}{2}$,,
Rasa Bhasma	..	$\frac{1}{8}$,,
Sodhitha Gandhakam.		$\frac{1}{4}$,,

268. Lokanatha Rasa—*cont.*

Mix all the ingredients in a Khalvam and grind for three days with each of the following: (1) Punarnava Mula Swarasa, (2) Vajravalli Swarasa, (3) Vasa Swarasa, (4) Chitra Mula Swarasa, (5) Sathala Swarasa. Make Chakrikas, dry, seal them in a Sarava and put Kukkutuputam. Remove the Bhasma and add equal quantity of Maricha Churnam and grind for a day with each of the following: (1) Nagavalli Swarasa, (2) Ardraka Swarasa, (3) Bhringaraja Swarasa, (4) Nirgundi Swarasa, (5) Mundi, (6) Sigru Swarasa and (7) Triphala Kashaya. Dry and make powder.

Dose: 10 grs. with honey.

Indications: Kasa, Swasa, Kshaya, Pandu, Asthigatajwaram, etc.

269. Mahagandhaka Rasa Parpati.

541Soditha Rasam .. 1 tola.
Soditha Gandhakam. 1 ,,

Make Kajjali, put it in an iron pan and heat with Badara Kashtam as fuel. Make a pit in a cowdung heap and spread Erandapatram over it. Pour the boiling Kajjali into the pit and cover it over with Erandapatram and cowdung. When cold, powder the medicine and add the powders of—

1 tola each of:
Jatiphalam,
Lavangam,
Jatipatri,
Nimbapatram,

and grind with water. Put the resulting product in an iron pan and boil. Allow it to

269. Mahagandhaka Rasa Parpati—*cont.*

cool down and then put in a Muktha Sukthi (Pearl shell). Cover with another Sukthi, wrap in a Kadali patram, apply mud and dry it. Put it to Putapakam. Allow to cool and powder the medicine.

Dose : 2 to 4 grs. with honey.

Indications : Grahani, Athisaram, Agnimandyam.

270. Mahajwarankusa Rasam.

Sodhitha Rasam	..	1 tola.
Sodhitha Nabhi	..	1 ,,
Sodhitha Gandhaka	..	1 ,,
Dhatoorabeeja Churna	..	3 tolas.
Thriktu Churnam	..	12 tolas.

Make Kajjali of Rasam and Gandhakam, add the rest and grind with Jambeera Swarasam and Ardraka Swarasam for three days in each. Make 2 gr. pills.

Dose : 1 pill with honey.

Indications : Jwaram, Vishamajwaram, Sannipatha Jwaram.

271. Mahakanakasundara Rasam.

Take 1 tola each :

Sodhitha Rasam.
Sodhitha Gandhakam.
Naga Bhasma.
Rasaka Bhasma.
Swarna Makshika Bhasma.
Abhraka Bhasma.
Kantha Bhasma.
Pravala Bhasma.
Moukthika Bhasma.

271. Mahakanakasundara Rasam—*cont.*

Take 1 tola each—*cont.*
Vanga Bhasma.
Thalaka Bhasma.
Swarna Bhasma—11 tolas.

Make Kajjali of Rasam and Gandhakam, add the rest one by one and grind with Hamsapadi Swarasam for three days. Make small balls, fill Kachakupi with them and burn in Valuka Yanthra for three days.

Dose: 1 to 2 grs. with honey.

Indications.—Kshayam, Swasam, Kasam, Pandu, used as Balyam, Rasayana.

272. Mahaseethamsu Rasam.

Seethamsu Rasam ..	1 part.
Quinine Sulphate ..	1 ,,

Grind with Nimba Twak Kashayam and make pills of 5 grs.

Dose: 1 to 2 pills with Maricha Kashaya or Panchatiktha Kashaya.

Indications: Vishamajwaram (Malaria).

273. Mahasuryavarthi Rasam.

Swarna Bhasma ..	1 part.
Kastoori	½ ,,
Thankana	3 parts.
Nagakesaram	3 ,,
Lavangam	4 ,,
Sunthi	5 ,,
Karpasa Beejamajja ..	5 ,,
Ela	6 ,,
Guduchi Satwam ..	7 ,,
Sodhitha Hingulam ..	7 ,,

273. Mahasuryavarthi Rasam—*cont.*

Grind Hingulam with Lavanga Kashaya. Add Swarna Bhasma and the rest one by one. Again grind with Ardraka Swarasam and Draksha Kashayam for seven days in each. Add Kastoori and grind for one day and make pills 2 grs. each.

Dose : 1 pill with honey.

Indications : Pittha Rogas, Sopha, Chardi, Headache.

274. Mahatarunarka Rasa.

Take 1 tola each of :

Abhraka Bhasma.	Moukthika Bhasma.
Sodhitha Gandhaka.	Garalam.
Thamra Bhasma.	Swarna Bhasma.
Tankana Bhasma.	Dhatoora Beeja.
Naga Bhasma.	Pravala Bhasma.
Vanga Bhasma.	Raktha Chandanam.
Swarna Makshika Bhasma.	Thavaksheeri.
	Kastoori.
Loha Bhasma.	Manasila.
Vatsanabhi.	17 tolas.
Sodhitha Hingulam.	$8\frac{1}{2}$ tolas.

Grind Hingulam with Gandhakam. Add Abhraka, Swarna and grind till it becomes brick red in colour. Then add the rest except Kastoori. Grind with Madiphala Swarasam for three days. Add Kastoori and make 1 gr. pills.

Dose : 1 pill with sthanyam or honey.

Indications : Sannipathajwaram, Pralapam in Jwaram, gives strength to the heart in prolonged fever.

275. Mahavangeswara Rasam.

Take equal parts of:
Vanga Bhasma.
Kantha Bhasma.
Abhraka Bhasma.
Thalapotaka Pushpa Churnam.

Mix all the drugs, grind with Kumari Swarasam for seven days and make 4 gr. pills.

Dose: 1 to 2 pills with honey.

Indications: Prameha, Moothrakrichram, asmari, etc. It is used as Rasayana also.

276. Malini Vasantha Rasam.

Kharparam	.. ..	2 tolas.
Maricha Churnam	..	1 tola.

Grind with Jambeera Swarasam and make 2 gr. pills.

Dose: 1 pill with the Kashayam of Pippali and Jeerakam.

Indications: Puranajwaram.

277. Mrityunjaya Rasam.

Take 1 tola each of:
Sodhitha Vatsanabhi.
Maricha.
Pippali.
Pippali Mulam.
Tankana.
Sodhitha Gandhakam.

Sodhitha Hingulam—2 tolas.

277. Mrityunjaya Rasam—*cont.*

Grind the whole with Jambeera Swarasa and make 2 gr. pills.

Dose: 1 to 2 pills with honey.

Indications: All kinds of jwarams.

N.B.—Hingulam may be substituted with 1 part of Rasam.

278. Navagrahi Sindooram.

Take equal parts of:

Sodhitha Gowri Pashanam.
Sodhitha Hingulam.
Sodhitha Rasam.
Sodhitha Gandhakam.
Sodhitha Patratalakam.
Sodhitha Mayoora Thutham.
Sodhitha Pindatalakam.
Gomutra Silajit.
Kharparam.

Grind the above with Karavalli Swarasam for two days and in Nimba Twak Kashayam for two days. Allow it to dry. Put in Kachakupi and burn in Valukayantram for two days.

Dose: 1 to 2 grs. with honey twice a day.

Indications: Phiranga, Kushta and Vatarogas.

279. Panchamritha Parpati.

Sodhitha Gandhakam.	8 tolas.
Sodhitha Rasam ..	4 ,,
Loha Bhasma ..	4 ,,
Abhraka Bhasma ..	1 tola.
Thamra Bhasma ..	½ ,,

Make Kajjali of Rasa and Gandhaka, add the rest and mix well. Put in an iron pan and place

279. Panchamritha Parpati—*cont.*

over an oven and heat with Badarikashtam as fuel. Make a pit in cowdung, spread banana leaf and pour the medicine into it. Cover it over with another banana leaf and cover with cowdung. When cold take it out and powder.

Dose : 2 to 4 grs. with honey.
Indications : Grahani, Athisara.

280. Poorna Chandrodayam.

Swarna Patra	.. ..	1 part.
Sodhitha Rasam	..	8 parts.
Sodhitha Gandhaka	..	16 parts.

Dissolve Swarna Patra in Rasam and prepare Kajjali.

Grind the resulting powder in Kanya Swarasam and Raktha Karpasa Pushpa Swarasam. Put in Kachakupi and place it in Valuka Yanthram and burn for three days in Mandagni, Madhyamagni and Theekshnagni respectively on successive days. When cool remove the bottle, break it in the centre and remove sinduram adhering to the top. Put it in a Khalvam and grind. Add—

Pachaikarpoora	..	$\frac{1}{8}$ tola
Jatiphalam ..	..	$\frac{1}{4}$,,
Lavangam ..	..	$\frac{1}{4}$,,
Pippali ..	..	$\frac{1}{4}$,,
Kasturi ..	..	1/16 tola.

and grind well with Nagavalli Swarasam and make pills of 2 grs.

Dose : 1 pill with honey or milk.
Indications : Kasam, Kshayam, Hridrogam, Balakashayam, Dwajabhanga, Alpa Sukra, etc.

281. Pradaranthaka Rasam.

Take $\frac{1}{4}$ tola each :

Sodhitha Rasam.
Sodhitha Gandhakam.
Vanga Bhasma.
Rajatha Bhasma.
Kharpooram.
Varata Bhasma.

Loha Bhasma—3 tolas.

Make Kajjali of Rasam and Gandhaka, add the rest one by one and grind with Kumari Swarasam for a day. Dry and powder.

Dose : 2 to 4 grs. with butter or ghee.

Indications : Pradaram, Pandu, Kshaya, Somaroga.

282. Prathapa Lankeswara Rasam.

Take 1 tola each of :

Sodhitha Rasam.
Sodhitha Gandhakam.
Abhraka Bhasma.
Sodhitha Nabhi.
Tankana.
Sodhitha Talakam.

Make Kajjali of Rasam and Gandhakam and add the rest one by one. Grind with Apamarga Moola Swarasam and Chitramula Twak Swarasam and with Musalikanda Swarasam for seven days in each. Put in a Gosthanakara Moosa, cover with mud cloth seven times and subject to laghuputam. When cold put it in a Khalvam and powder well and add 1 tola each of—

Loha Bhasma.
Seesa Bhasma.

282. Prathapa Lankeswara Rasam—*cont.*

Madhukapushpa Churna.
Mustha Churna.
Renuka Churna.
Vatsanabhi—$\frac{1}{2}$ tola.
Guggulu.
Sodhitha Manassila.
Naga Kesara Churna.

Grind with Ativisha Kashayam, Thrikatu Kashaya, Dhatoora Swarasam, Thriphala Kashaya, Agasthya Pushpa Swarasam, Samudraphena Kashaya, Bhanga Kashaya, Chitramulam and Jwalamukhi Kashaya for seven days in each. Add the pittas of goat, fish, crocodile, tiger and cow and grind with water.

To the above add equal part of Sodhita Nabhi, grind with Hamsodakam.

Dose: 2 to 4 grs. with honey or ginger juice.

Indications: Sannipatha Jwaram, Moha, Vismruti.

283. Punarnavadi Mandura.

Take 1 part each of:

I. Punarnava.
Thrivrith.
Sunthi.
Pippali.
Maricham.
Vidangam.
Devadaru.
Chitramulam.
Pushkaramulam.
Haritaki.
Vibhitaki.
Amalaki.
Haridra.
Daruharidra.
Dantimula.
Chavyam.
Indrayavam.
Kiratatiktam.
Pippalimulam.
Musta.

II. Sodhitha Manduram—40 parts.

283. **Punarnavadi Mandura**—*cont.*

Mix I and II and boil in 160 parts of cow's urine (gomutram), boil it till gomutram is evaporated.

Dose: 10 to 15 grs. with honey or water.
Indications: Sopham, Pandu, Udaram, Soolam, Krimi, Gulmam.

284. Pythyanthaka Rasam.

Sodhitha Hingulam	..	2 tolas.
Sunthi	.. ..	3 ,,
Jeerakam	.. ..	3 ,,
Jambeera Lavana (citric acid).		3 ,,
Saindhavam	.. ..	2 ,,
Sugar	.. .. ..	10 ,,

Mix and grind with Jambeera Swarasam for seven days.

Dose; 2 to 5 grs. with Ardraka Swarasam.
Indications: Chardi, Prasekam, Bhrama, etc.

285. Rajamriganka Rasam.

Sodhitha Rasam	..	1 tola.
Swarna Bhasma	..	1 ,,
Mouktika Bhasma	..	2 tolas.
Sodhitha Gandakam	..	1 tola.
Tankana Bhasma	..	3 tolas.

Grind Rasam with Swarna Bhasma, add Gandhakam and the rest. Grind with Kanchikam for a day. Make a ball of it and dry. Cover the ball with mud cloth and dry. Fill half of a wide-mouthed pot with common salt and bury the

ball in it. Burn over Kamalagni for a day. When cooled remove it and remove the Bhasma. powder in Khalvam.

Dose : 1 to 2 grs. with honey.
Indications : Rajayakshma, Dhatukshaya-pandu, etc.

286. Rajata Chandrodaya.

The preparation is similar to Poorna Chandrodayam. The only difference is instead of Swarna Patra, Rajata Patra is added. The medicine can be used as Sinduram or can be made into pills with the churnams mentioned in the Poorna Chandrodaya pills.

Dose : 1 to 2 grs. with honey.
Indications : Same as those of Poorna Chandrodaya.

287. Rajata Loha Rasayana.

Sodhitha Rasam	..	1 tola.
Sodhitha Gandhaka	..	2 tolas.
Rajatapatram ..	..	1 tola.
Loha Bhasma ..	..	3 tolas.

Grind Rajatam with Rasam, add Gandhaka and then Loha Bhasma. Grind with Kumari Swarasam, Triphala Kashaya, Chitramula Swarasam, Punarnava, Sathala, Ardraka Bhringarajam and Vajravalli Swarasam for three days in each.

Dry, fill it in Kachakupi and burn in Valukayantram for a day. Take the medicine and grind again for three days in each of the above liquids.

Dose : 2 to 4 grs. with honey.
Indications : Kshaya, Pandu, Kamala.

288. Rasa Bhoopathy Rasa.*

Take equal parts of :

Sodhitha Rasam.
Sodhitha Gandhakam.
Sodhitha Nabhi.
Loha Bhasma.
Thamra Bhasma.

Make Kajjali of Rasam and Gandhakam and add the rest. Grind with Hamsapadi Swarasam for three days and dry. Place the powder in Kachakupi and burn for 36 hours. When cooled powder.

Dose : 1 to 2 grs. with honey or Ardraka Swarasa.
Indications : Sopham, Pandu.

* This is also called Agnikumara Rasa.

289. Rasa Parpati.

Take equal parts of :

Sodhitha Rasam.
Sodhitha Gandhakam.

Make Kajjali, put in an iron pan, and boil till it becomes liquid and pour into a cowdung pit spread over with Kadalidalam. Cover again with Kadalidalam and cowdung. Allow to cool and powder.

Dose : 2 grains with suitable anupanam.

Indications : Grahani, Pleehavriddhi, Arsas, Agnimandyam.

Pathyam ; Avoid heat, wind, anger, exercise and other things which exhaust a person.

290. Rechana Vati.

Ichabhedivati Churnam. 1 part.
Revalchini Churnam .. 2 parts.

290. **Rechana Vati**—*cont.*

Mix and soak in Indravarunikashayam for a day and grind with the same kashayam.

Make 3 gr. pills.

Dose : 1 to 3 pills with warm water early morning in empty stomach.

Indications : Used as a drastic purgative in Udaram, Sopham, etc.

291. Samagarala Tarunarka Rasam.

Talaka Bhasma	..	1 part.
Sodhitha Hingulam	..	1 ,,
Sodhitha Vatsanabhi	..	2 parts.
Krishna Sarpavisham	..	4 ,,

Grind with Madiphalarasam and make pills of ¼ grain.

Dose : 1 pill with sthanyam.

Indications : Sannipatha Jwaram.

292. Sannipatha Bhairava Rasa (Laghu).

Sodhitha Thalakam	..	1 tola.
Sodhitha Gandhaka	..	1 ,,
Sodhitha Rasam ..	..	1 ,,
Sodhitha Vatsanabhi	..	3 tolas.
Sodhitha Manassila	..	1 tola.
Tankana Bhasma	..	1 ,,
Sodhitha Hingulam	..	8 tolas.

Make Kajjali of Rasam and Gandhakam, add the rest one by one and grind with the

292. Sannipatha Bhairava Rasa (Laghu)—*cont.*

swarasa of Chitramula, Jambira and Ardraka for three days in each.

Dose : 1 to 3 grains with honey.
Indications : Sannipata Jwaram, Udavartham, Soolam.

293. Seetha Bhanjana Rasam.

Take equal parts of :

Mayoora Thutham.	Sodhitha Rasam.
Ksheera Thutham.	Sodhitha Pashanan.
Maricham.	Sunthi.

Grind rasam with the two Thuthams, add pashana and the rest and grind with Karavella swarasam and put Kukkutta putam.

Add Matsyapittam and grind for 2 days and make 2 grain pills.

Dose : 1 to 2 pills with honey or sugar and water.
Indications : Seethajwaram, Vishamajwaram.

294. Seethamsu Rasam.

Sodhitha Manassilla	..	1 part.
Sodhitha Thalaka	..	1 ,,
Thrikatu Churnam	..	2 parts.

Grind with Nimbatwak Kashayam for a week and make 2 gr. pills.

Dose : 1 to 2 pills with honey or pepper decoction.
Indications : Jwaram, Vishamajwaram and Sannipatha Jwaram.

295. Simhapratipalana Rasa.

Take equal parts of :

Sodhitha Rasam.

Sodhitha Gandhakam.

Sodhitha Vatasanabhi.

Sodhitha Garalam.

Make Kajjali of Rasam and Gandhaka, add the rest, grind with Hamsapadi Swarasam and make pills of 1 grain.

Dose : 1 pill with honey or sthanyam or thulasi swarasam.

Indications : Sannipatha Jwaram.

296. Sindoora Bhushana Rasa

Take 1 tola each of :

Abhraka Bhasma.

Rasa Sindoora.

Sodhitha Gandhaka.

Tankana Bhasma.

Grind Rasa Sindoora in Krishna Dhatoora Swarasam, add the rest and grind with the same juice for three days.

Dose : 1 to 2 grains.

Indications : Pitta rogas, Puranajwaram, Meham, Swasakasam.

N.B.—This may be administered to pregnant women also, in which case Jambeera Swarasam should be used in the place of Dhatoora Swarasam.

297. Sotharai Mandooram.

Thriphala	.. ..	2 tolas.
Thrikatu	.. ..	2 ,,
Chavyam	.. ..	2 ,,
Mandoora Bhasma	..	12 ,,

Soak Mandoora in sufficient quantity of Gomutra. Mix the rest and grind with Nirgundi swarasam and Ardraka swarasam. Add 8 times quantity (viz., 144 tolas) of Gomutram and boil till the fluid evaporates. Powder and add 8 tolas of honey.

Dose : 5 to 10 grains with honey or Gomutra.

Indications : Sopham, Kamila, Pandu.

298. Sulakutaram.

Take equal parts of :

Tankana Bhasma.	Thalaka Bhasma.
Sodhitha Rasam.	Nabhi.
Sodhitha Gandhakam.	Thamra Bhasma.
Thrikatu.	Dantibeejam.
Thriphala.	

Make Kajjali of Rasam and Gandhakam, add Thalakam, Nabhi and the rest one by one and grind with Bhringaraja swarasam for three days and make 2-grain pills.

Dose : 1 to 2 pills with honey.

ndications : Soolam and Parinamasoolam, Gulma.

299. Soothikabharana Rasam.

Take equal parts of :

Abhraka Sindura.
Swarna Bhasma.
Vaikrantha Bhasma.
Loha Bhasma.
Thamra Bhasma.
Vatsanabhi.
Sodhitha Rasam.
Sodhitha Gandhakam.
Rajatha Bhasma.
Seesa Bhasma.
Vanga Bhasma.

Make Kajjali of Rasam and Gandhakam, add Vatsanabhi and the bhasmas one by one and grind for 12 hours with each of the following swarasas, Nirgundi, Bhringaraja, Punarnava, Patha, Chitramula, Vasa, Guduchi, Thulasi, Arkamula, Dhatura, Meshasringi, Jambeera, Langeli, Kumari and Karavella. Put the medicine in kacha kupi. Burn in valukayantharam for a day. Powder when cool and add the pittas of fish, pig, tortoise, buffaloe, peacock, snake, hen, goat, elephant, horse, pigeon, crocodile and godha.

Dose : 1 to 2 grains with honey.
Indications : Soothikarogas, Kasa, Swasa, Apasmara
Pathya : Ichapathya—Curds and rice, coconut water. sugarcane juice.

300. Suryavarthi Rasa (Laghu).

Take 1 part each of :

Abhraka Bhasma.
Swarna Makshika Bhasma.
Karpasa Beejam.

300. Suryavarthi Rasa (Laghu)—*cont.*

Take 1 part each of :

Tankanam.
Moukthika Bhasma.
Guduchi Satwa.
Kakanasa Beejam.
Lavangam.

Soditha Hingulam .. 3 parts.

Grind with the swarasas of Jambeera, Ardrakam and Draksha kashaya for a day in each and make 3 grain pills.

Dose : 1 pill with honey.
Indications : Suryavartha, Ardhava-bheda, etc.

301. Swachanda Bhairava Rasa.

Sodhitha Rasam ..	..	1 part.
Sodhitha Gandhakam	..	1 ,,
Sodhitha Vatsanabhi	..	1 ,,
Jatiphala Churnam	..	1 ,,
Pippali Churnam	..	2 parts.

Prepare Kajjali and add the rest. Grind with the juice of betel leaf and prepare pills of 2 grains.

Dose : 1 to 2 pills with honey.
Indications : All varieties of Jwaram and Kasam.

302. Swarna Kravyadi Rasam.

Take 1 tola each of :

Kantha Bhasma.
Swarna Bhasma.

302. **Swarna Kravyadi Rasam**—*cont.*

Take 1 tola each of:

Thamra Bhasma.
Theekshna Lohabhasma.
Rajatha Bhasma.
Sankha Bhasma.

Mix and grind with Madiphalarasam and preserve in an iron vessel.

2. Take Rasam	..	4 tolas.
Gandhakam	..	8 ,,

Make Kajjali and mix the above and burn in Mandagni, when cold grind with swarasas of Amlavethasam, Amlavargam and Kashaya of Panchakolam 50 times each. To the product add equal quantity of Tankana and half of Tankana, Panchalavana Churna. To the net product add equal quantity of Maricha Churnam and grind with Chanakamlam for 21 days. Preserve in glass bottle.

Dose: 1 to 4 grains with honey or water.

Indications: Agnimandyam, Ajeernam, Pandu, Yakrith pleehavriddhi.

303. **Swarna Malini Vasantha Rasa.**

Swarna Bhasma	..	1 tola.
Mouktika Bhasma	..	2 tolas.
Sodhitha Hingulam	..	3 ,,
Maricham ..	..	4 ,,
Kharpara Bhasma	..	8 ,,

Grind Hingulam with Swarna Bhasma. Add Mouktika Bhasma and the rest and grind with Nimbatwak Kashaya and make pills of 2-grain size.

Dose : One pill with honey.

Indications : Kshayam, Dhatugathajwaram, Dhatukshayam, etc.

304. Swarna Vangam.

Take :

1	Vangam	..	3 parts.
2	Sodhitha Rasam	..	1 part.
3	Sodhitha Gandhakam	..	3 parts.
4	Navasaram	..	7 ,,

Melt No. 1 and add No. 2. Put it in a khalvam and grind. Add No. 3 to make Kajjali. Later add No. 4 and grind well. Put the powder in saravam, cover with another and seal the edge with mud cloth and dry. Burn in a Valuka yantram for 6–8 hours. Powder and preserve the golden coloured product.

Dose : 2 to 4 grains with butter, ghee or honey.

Indications : Mutrakichram, Adhimutra, Pooyameha, inflammatory condition of the urinary tract.

305. Swasa Kutharam.

Take 1 tola each of :

Sodhitha Rasam.
,, Gandhakam.
,, Vatsanabhi.
,, Tankana.
,, Manassila.

Take 1 tola each of :

Maricha Churna—8 tolas.

Trikatu Churnam--2 tolas (each).

Make Kajjali of Rasam and Gandhaka, add the rest and grind with Kantakari swarasam and Vasa Swarasam for three days in each.

Dose; 2 to 6 grains with honey or Vasa swarasam.
Indications : Swasam, Kasam.

306. Tharakeswara Rasam.

Take equal parts of :

* Rasa Bhasama.

Vanga Bhasma.

Loha Bhasma.

Abhraka Bhasma.

Mix well in a khalvam.

Dose: 2 to 4 grains with honey.
Indications; Prameham, Madhumeha, Kshaya, Pandu, etc.

*Rasa Sinduram may be added.

307. Tharunarka Rasam.

Take 1 part each of :

Sodhitha Gandhakam.

,, Tankanam.

,, Abhraka Bhasma.

,, Vatsanabhi.

,, Dhatoora beejam.

307. Tharunarka Rasam—*cont.*

Take 1 part each of—*cont.*

Vanga Bhasma.

Rakthachandanam.

Krishnasarpa Visham.

Hingulam .. 8 parts.

Grind Hingulam with Gandhakam and add tankanam and other vegetable drugs. Mix Vanga Bhasma and Abhraka Bhasma and lastly visham. Grind with Mathulinga swarasam and make 1-grain pill.

N.B.—To be used only when there is no ulceration in the mouth or in the intestinal tract.

Dose: One pill with honey.

Indications: Sannipathajwaras.

308. Tamra Vangam.

Take equal parts of:

Tamram.

Vangam.

Cover plates of Tamram with thin plates of Vangam, put in Sarava Samputi and subject to putam with 100 cowdung cakes. The whole thing will melt and become one. Make powder of it and add powdered egg shell and grind with jambeera swarasam.

Make Chakrikas and put to two putams with 100 cowdung cakes each time.

Dose: 1 to 2 grains with honey.

Indications: Mootrakrichra, Gulma, Soola, Charma-roga.

309. Vajra Kapata Rasam.

Take 1 tola each of :

Rasa Bhasma.
Abhraka Bhasma.
Sodhitha Gandhakam.
Yavaksharam.
Tankanam.
Agnimantham.
Vacha.

Make Kajjali of Rasam and Gandhakam and add the rest one by one. Grind with the Swarasas of Jayanti, Jambeeram and Bhringaraja for three days in each. Make golams (ball) and put in an iron saravam and burn for about one and a half hours on moderate fire.

Cool it and add Ativisha Churnam 1 tola.

Salmali Churnam 1 tola.

Do Bhavana of the whole in Kapittha Swarasam and Bhanga Kashayam 7 times in each. Do Bhavana again in the Kashayas of—

Dhataki.
Indrayava.
Mustha.
Lodhra.
Ativisha.
Guduchi.

309. **Vajra Kapata Rasam**—*cont.*

For one day in each and dry in shade.

Dose: 2 to 4 grains with honey and the powders of Chitramula, Sunthi, Bidalavana, Vilwamula and Saindhava.

Indications: Grahani.

310. Vamanamritham.

Take equal parts of :

Sodhitha Gandhaka.	Tankana.
Padma Beejam.	Sringa Bhasma.
Yashtimadhu.	Śweta Chandanam.
Gomutra Silajat.	Thavaksheeri.
Rudraksha.	Gorochanam.

Grind Gandhaka and Gomutra silajat, add the other ingredients and grind with Bilwamula Kashayam for 3 hours and make 2-grain pills.

Dose: One pill with honey.

Indications: Chardi and used as Deepani Pachani.

311. Vasanthakusumakaram.

Take :

Swarna Bhasma	.. ..	2 parts.
Rajata Bhasma	.. ..	2 ,,
Vanga Bhasma	.. ..	3 ,,
Seesa Bhasma	.. ..	3 ,,
Kantha Bhasma	.. ..	3 ,,
Rasa Sinduram	... ..	4 ,,
Abhraka Bhasma	.. ..	4 ,,
Pravala Bhasma	.. ..	4 ,,
Moukthika Bhasma	.. ..	4 ,,

311. Vasanthakusumakaram—*cont.*

Grind with each of the following: Goksheeram, Ikshurasam, Vasa Swarasam, Hribera Usira Nisa Kashaya, Kadalikanda Swarasam and Malathipushpa Swarasam, and Padmapushpa each seven times.

In the end, add one part of Kastoori, grind and make 2-grain pills.

Dose : 1 to 2 pills with honey or ghee.

Indications : All varieties of Prameha, Kshaya, Kasam; also used as Balyam and Vajikaram, General tonic in all run-down condition.

312. Vatagajankusam.

Sodhitha Rasam	..	..	8 tolas.
Sodhitha Gandhakam		..	8 ,,
Vishamushtibeeja	..	..	8 ,,
Thrikatu	.. ..	..	3 ,,
Thriphala	.. ..	..	3 ,,

Make Kajjali of Rasam and Gandhakam, add the rest and grind with Jambeera swarasam. Make 2-grain pills.

Dose : 1 to 2 pills with honey.

Indications : Amavatam, Vatarakta and other kinds of Vatarogas.

313. Vatagni Kumara Rasa.

Take :

Sodhita Rasam	..	..	2 parts.
,, Gandhaka	..	..	2 ,,
,, Talakam	..	..	1 part.

313. Vatagni Kumara Rasa—*cont.*

Prepare Khajjali, add Talakam, grind for three days. Put in a Kacha kupi and burn in valuka yantra for three days in Mridu, Madhyama and Theekshnagni respectively.

Dose ; 1 to 2 grains with honey.

Indications : Jwaram, Kasam, Amavata and other Vata diseases.

314. Vatarakshasam.

Take 1 tola each of :

Rasa Bhasma.

Sodhita Gandhaka.

Kantha Bhasma.

Abhraka Bhasma.

Thamra Bhasma.

Grind with each of the following Kashaya for 3 days : Punarnava, Guduchi, Chitramula, Thulasi and Thrikatu. Subject to Laghuputam and grind.

Dose : 1 to 2 grains with honey.

Indications : Vatarogas, Urusthambha, Amavata, Dhanurvata, Pakshavadham, Sandhigathavata.

315. Vatavidhwamsini Rasam.

Take 1 tola each of :

Sodhita Rasam.

Sodhita Gandhakam.

Take 1 tola each of :

- Seesa Bhasma.
- Loha Bhasma.
- Vanga Bhasma.
- Thamra Bhasma.
- Abhraka Bhasma.
- Pippali Churnam.
- Tankana Bhasma.
- Maricha Churnam.
- Sunthi Churnam.

Sodhita Vathsanabhi—4½ tolas.

Make Kajjali of Rasam and Gandhakam, add the other ingredients one by one, and grind with the Kashayams of Chitramula, Thriphala, Thrikatu, Bhringarajam and Koshtam, Nirgundi Vasa, Ardraka, Ganja, Jambeera Swarasa, three days in each.

Dose : 2 to 4 grains with honey.

Indications : Vataroga, Urusthambha.